



Nissen Fundoplication

Post-op Instructions

1. Nissen Fundoplication:

- Your diet should consist of soft foods (like Jell-O, grits, baby food, applesauce) for the first two days after surgery.
- After the first two days, advance slowly to a regular diet avoiding hard foods (chunks of red meat, hard breads, and hard vegetables) for two weeks.
- Avoid very hot or very cold liquids for two weeks.
- If you start to feel mild abdominal pain and bloating, take Gas-X or the generic brand as directed by the box. This will help with the “gas bloat”.
- Avoid large volumes of alcohol as you may not be able to vomit.
- Lift nothing heavier than gallon milk jug or 5lbs for 1 week.

2. Dressing Care

- **Dermabond® Dressing Care (superglue without a dressing):**
 - OK to shower day of surgery.
 - Lift nothing heavier than gallon milk jug or 5lbs for 1 week.

OR

- **General Wound Care Instructions for Closed Incisions with dressings:**
 - Dressing should be kept dry for 48 hours.
 - Remove outer dressing and OK to shower in 48 hours.
 - If you have staples, they will be removed in 1-2 weeks after the operation in the office.
 - Leave Steri-Strips in place.
 - No soaking in the tub or swimming for 1 week.

Call The Crawford Clinic right away if:

- You develop a fever over 101.5°F (38.5°C).
- You are unable to urinate.
- If you have continual pain one week past the operation.
- If you continue to have significant bleeding one week past the operation
- You become dizzy and faint.
- You have chest pain.
- You have nausea and vomiting.
- You become short of breath.
- You have abdominal pain or swelling that gets worse.

Call during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.
- If you require more pain medication.