



## IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS BE TO PLACED in an area where it can conveniently be referred to by you, after your surgery. A night-stand or refrigerator are common places many patients choose. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

### Nissen Fundoplication Surgical Patient

#### **What to Expect After Surgery**

- A hospital stay of 1 to 2 days.
- Some discomfort in abdomen, chest and shoulder areas. Discomfort will gradually resolve in 2-3 days, but can persist as long as 5 days. Some swelling is also common after surgery.
- Difficulty in swallowing that can temporarily worsen.
- A temporary limited diet.
- Some bloating and stomach gas are common.
- Some weight loss.

#### **Surgical Site Care Instructions**

- You may remove bandages 24 hrs after surgery.
- You may shower 24 hrs after surgery. Incision(s) can be washed with soap and water.

#### **Pain Mgmt After Surgery**

- You will be given an appropriate prescription for pain medicine. Take as directed by your physician.
- After that initial prescription, a patient's remaining pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.

#### **Other Helpful Information**

- May drive once you are no longer using prescription pain medicine.
- Avoid strenuous activity/lifting over 10 pounds 72 hours after surgery. Then proceed with activities as tolerated.
- Can try solid foods at your own pace. Eating slowly and chewing thoroughly are helpful. Warm foods are generally tolerated better than cold foods. Avoid carbonated drinks. Ability to tolerate meats and breads is slowest to return.
- Anti-reflux medication is not generally required after surgery.
- Generally, patients return to work within 7 to 14 days.

#### **When to Contact Our Office**

- Fever of 101° or greater.
- Persistent cough, severe chest pain or trouble breathing.
- Severe nausea or vomiting that does not subside.
- Have a sudden increase in redness, tenderness or drainage at incision sites.