

Hiatal Hernia Repair with or without Gastric Fundoplication

Post-Op Instructions and Diet Recommendations

Diet

- Day of Surgery- Clear liquids
- Day 2-7- Full liquid diet – **Cut or crush pills so that they are less than ¼ inch.**
- Day 8-14- Mechanical soft foods (foods you could eat without teeth)- no carbonated beverages, bread, or meat.
- Day 15- Resume regular diet.
- If you have problems at any stage, resume a clear liquid diet for 2 days. Then slowly introduce thicker foods.

Medication

- If not allergic, please take 600mg ibuprofen and 1000mg acetaminophen together as tolerated with food every 6 hours. as needed for pain. **You may use liquid forms of each ibuprofen and acetaminophen if necessary.**
- Narcotic pain medication (oxycodone) can cause addiction and should only be used as needed if there is moderate to severe pain after the acetaminophen and ibuprofen are taken. You should minimize their use.
- Take pain medications as prescribed by your doctor. Take your pain medication with a small amount of food.
- Pain medications may constipate you. If you are feeling constipated, please take MiraLAX that you can get at any drugstore as directed on the bottle.

Activity

- No strenuous activity for 4 weeks.
- Do not lift more than 20lbs or anything that makes you strain for 4 weeks.

Dressing

- Your incisions are closed with dissolvable sutures (stitches). Skin glue will cover your incisions. The skin glue will naturally slough off your skin. Do not rub, scratch, or pick at skin glue.
- No oils/lotions/creams over your incisions until the glue starts to flake off. At that point 1% hydrocortisone cream may be applied to relieve itching.
- You may shower or bathe 24 hours after your surgery. Clean with soap and water then pat dry gently.
- You may develop some redness immediately adjacent to your incisions as they heal which is normal.

What to Expect

- It is common to experience shoulder discomfort, chest tightness, bilateral shoulder discomfort for 24 to 48 hours after surgery, gradually this will go away. It is caused by carbon dioxide used to inflate your abdomen during the procedure. Carbon dioxide is a gas, and like all gases, travels upwards, settling on your chest and shoulders.
- Soreness in the abdominal area like an ache you would feel after starting a new exercise program involving your abdominal muscles. This ache will gradually go away within a few days. Your abdomen may be distended for a few days after surgery.
- There may be a large black or blue area (bruise), on your abdomen to your hip. This may appear within the first week after surgery. It is caused by blood pooling under the skin from your surgery. Your body will reabsorb this blood over time. The bruise will turn yellow and disappear in time.
- You may feel sleepy, rest for the first 24 hours.
- You may have some nausea or vomiting the day of surgery, but this should not persist beyond the day AFTER surgery.
- You may have a sore throat from the tube that is used to help you breathe during general anesthesia.
- It may take a few days before you have a bowel movement. Bowel irregularity is expected with pain medication. Please take MiraLAX for constipation.

Miscellaneous

- No alcohol or driving for 24 hours after surgery or while taking narcotic pain medicine.
- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you for the rest of the day and night.

Possible Problems

Call Dr Bollins at 218-461-2212 if:

- Inability to drink fluids.
- Unable to urinate eight hours after your surgery.
- Your temperature is greater than 101 degrees F.
- You notice excessive bleeding or unexpected drainage from the wound site.
- You notice extreme redness or warmth around your incision sites.
- You notice wound edges open or separate.
- Your pain is not relieved by pain medication.

Follow-Up

- We will see you in our office 7-10 days after your surgery.
- If not already scheduled, please call 218-461-6240 to schedule a post-op visit.
- If you're a patient from **Ely** and your post-op visit has not been scheduled, please call 218-365-8793.

Diet Recommendations

Clear Liquid Diet

- Apple juice
- Cranberry juice
- Grape juice
- Chicken broth
- Beef broth
- Flavored gelatin (Jell-O)
- Decaf tea and coffee
- Caffeinated beverages are permitted based on tolerance
- Popsicles
- Italian ice

Advanced
Surgical Associates
OF NORTHERN MINNESOTA

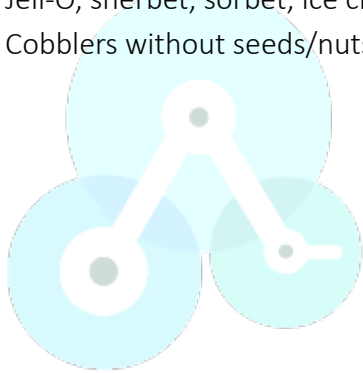
Full Liquid Diet

- The full liquid diet contains anything on the clear liquid diet, plus:
- Milk, soy, rice and almond (no chocolate)
- Cream of wheat, cream of rice, grits
- Strained creamed soups (no tomato or broccoli)
- Vanilla and strawberry-flavored ice cream
- Sherbet
- Blended, custard styled or whipped yogurt (plain or vanilla only)
- Vanilla and butterscotch pudding (no chocolate or coconut)
- Nutritional drinks including Ensure, Boost, Carnation, Instant Breakfast (no chocolate-flavored)

Note: Dairy products, such as milk, ice cream and pudding, may cause diarrhea in some people just after surgery. You may need to avoid milk products. If so, substitute them with lactose-free beverages, such as soy, rice, Lactaid or almond milks.

Mechanical Soft

- Pancakes or French Toast, well moistened with syrup
- Peeled, well cooked, boiled, baked, or mashed potatoes moistened with gravy or sauces
- Oatmeal
- Cold cereal softened with milk
- Well cooked pasta with sauce
- Ground/finely diced meats, poultry, or fish served with gravy or sauces
- Poached, scrambled, or soft-cooked eggs
- Baked beans
- Tofu
- Tuna or egg salads without large chunks, celery, or onion
- Fresh, soft ripe bananas or soft drained, canned fruit without seeds or skin
- Soft, cooked vegetables that are fork tender and diced to less than ½ inch
- Pudding, custard, apple sauce
- Jell-O, sherbet, sorbet, ice cream without hard chunks
- Cobblers without seeds/nuts and with soft breading or crumb mixture



Advanced
Surgical Associates
OF NORTHERN MINNESOTA