

## **POSTOPERATIVE INSTRUCTIONS FOR LAPAROSCOPIC HIATAL HERNIA REPAIR NISSEN OR TOUPET FUNDOPLICATION**

1. You will be given a prescription for a few pain pills, While taking this medication, avoid driving a car, drinking alcohol, or engaging in vigorous physical activity.
2. Avoid lifting over 10-15 pounds for the first two weeks.
3. You will be on clear liquids for the first week (juice, broth, jello). Then the second week, you may advance your diet to soft foods (cooked vegetables, baked fish, cut in small pieces). Avoid carbonated drinks for one to two weeks. If any foods cause problems, back off to a more liquid food.
4. Constipation can be a problem, due to the effects of general anesthesia and pain medication. If you have any problems with bowel movements, you may take a stool softener (Surfak, Dulcolax or Colace).
5. You may have a sore throat and/or hoarseness from the tube used for your anesthetic. This is normal.
6. You may shower in 48 hours. You do not need to cover the area another band aid unless there is drainage.
7. You must apply ice bags to the incision sites for 20 minutes as frequently as needed for the first 72 hours.
8. It is not uncommon to have drainage from any of your incisions for the first one to two weeks. If you have any drainage, clean the area with hydrogen peroxide and cover it with gauze. If the drainage becomes purulent with a foul odor or if you run a temperature of 101 or more, please contact our office immediately at (817) 267-2678.
9. You will need to be seen in our office in 7-10 days for a follow-up visit. Please call our office to set up this appointment.

If you have questions or problems, please do not hesitate to contact us.