

**Dr. Hamish Hwang Inc.**  
**General Surgery, GI Endoscopy & Esophageal Physiology**

**Nissen Fundoplication Discharge Instructions**

Follow up Visit

You should call 250-545-2288 when you get home to schedule an appointment to see Dr. Hwang. The first visit is 1 month AFTER you are discharged home.

*Activity*

You MAY:

- Shower after 2 days
- Walk
- Ride in car
- Lift up to 20 lbs
- Go up and down stairs

You MAY NOT

- Bathe or swim for 2 weeks
- Drive a car for 2 weeks
- Do any heavy lifting (no more than 20 lbs), twisting (golf, tennis), and turning, or excessive bending. Do not carry or lift luggage, groceries, laundry, children or pets. No excessive or forceful upper body movements.
- Activity restriction will be in place for 6 weeks after surgery. It is critical for the success of the surgery to follow these activity restrictions.

*Resuming Sexual Activity:*

2 weeks after surgery OR once pain goes away

*Dressings and Incisions*

- You may get all of your incisions wet after 2 days
- It is not necessary to keep dressings on dry incisions
- You may apply a dressing to your incisions for comfort or to keep things clean
- Do no apply ointments to incisions unless instructed to do so.

*Eating and Drinking*

- No alcohol consumption while on narcotic medications
- Eat or drink small quantities (no more than 1 cup) at a time in the first 2 weeks
- Small frequent meals are recommended
- It is ok to eat more than 3 times each day
- You can advance your diet as long as you are not having any problems. You will be on a clear liquid diet for 1 week, then a full liquid diet for 3 weeks and then a soft diet for 2 weeks.

**Dr. Hamish Hwang Inc.**  
**General Surgery, GI Endoscopy & Esophageal Physiology**

*Pills/Medications*

All pills and medications must be crushed and taken with liquids for the first week.

*Diet Instructions:*

**FIRST WEEK**

**Principle: Anything you can see through you can have.**

YES Items:

- Jello
- Juice (cranberry, apple, grape)
- Coffee
- Water
- Popsicles
- Broth
- Ice

NO Items:

Carbonated beverages, solid foods, thick liquids, alcohol, gum, hard candy

Instructions:

1. Start by taking half a cup at a time
2. Increase the amount a little each day
3. Don't gulp liquids down
4. This diet should be strictly adhered to for week 1 after surgery.

**SECOND, THIRD AND FOURTH WEEK (weeks 2 to 4): Full Liquid Diet**

**Principle: Anything you can pour you can have.**

YES Items:

- Everything on the clear liquid diet
- Cream (strained) soups
- Pudding
- Ice cream
- Milk
- Yogurt
- Thinned oatmeal (or hot) cereal, Cream of Wheat, Farina
- Milk shakes

NO Items:

Carbonated beverages, solid foods, gum, hard candy

# **Dr. Hamish Hwang Inc.**

## **General Surgery, GI Endoscopy & Esophageal Physiology**

Instructions:

1. Start by taking a cup at a time
2. Increase the amount a little each day
3. Don't gulp liquids down
4. This diet should be strictly adhered to for 2, 3 and 4 after surgery

### ***SECOND MONTH: Soft Diet***

**Principle: These are mushy foods that require very little chewing.**

YES Items:

- Everything on the clear liquid and full liquid diets
- Pasta
- Rice
- Fish
- Mashed potatoes
- Apple sauce
- Mushy-cooked vegetables
- Soft fruits (bananas, canned fruits, grapes, peeled peaches and nectarines)
- Ground or pulled chicken
- Ground beef
- Tamales
- Sushi

NO Items:

Steak, baked potatoes, pork chops, lamb chops, hamburgers, hotdogs, sandwiches, bread, raw or undercooked vegetables, chips, tacos

Instructions:

1. Start by taking a cup at a time
2. Increase the amount little each day
3. Eat smaller meals more frequently throughout the day. Do not eat until you are full.
4. This diet should be strictly adhered to for weeks 5 and 6 after surgery.

### ***AFTER SECOND MONTH***

You still have to be careful with large pieces of meat or hard breads. Take small bites, chew your food well and drink plenty of fluids.

If you have problems swallowing lasting more than three months or if your heartburn comes back contact Dr Hwang's office immediately. There is a 5% failure rate of the surgery after 1 year and 10% after five years. "Failure" means having to go back on some form of medication.

Please remember to fill in our quality of life questionnaire six months after surgery.