

## **Post-op Instructions: Laparoscopic Fundoplication (Anti-Reflu Surgery)**

### **Diet**

Slowly advance your diet, experimenting with what works. Smaller amounts of food are usually more satisfactory early on. Large pieces of meat and dry foods, especially items like bread, tend to stick and cause discomfort. Avoid taking very hot or cold foods and carbonated beverages during the first 2 weeks.

### **Activity**

There is no limitation to walking. Just take it easy at first.

- Use common sense in day to day activities; if it hurts, don't do it.
- Do not do any heavy lifting or sports activities for 2 weeks.

### **Medications**

- It may be easier to swallow pills in the accompaniment of semisolid food.
- For moderate to severe pain, use prescribed medication as directed. For mild pain, you may try acetaminophen or ibuprofen and use as directed.
- Narcotic used for pain management may cause constipation. Take a laxative such as Milk of Magnesia or prune juice if you have not moved your bowels in 2 days.
- Your surgeon may have recommended continuing your anti-reflux medication for approximately 1 month postoperatively.
- Resume all medications that you were taking prior to surgery unless instructed otherwise by your surgeon.

### **Wound Care**

If there are other gauze dressing, they may be removed 24 hours after surgery. Leave all paper strips (steri-strips) and sutures in place.

### **Bathing**

Once the outer gauze dressing has been removed, you may shower (24 hours after the surgery), but do not soak in a hot tub or swim for 2 weeks.

### **When to Contact Your Physician**

- Call for advice if signs of wound infection such as: redness, swelling, heat, increased tenderness, drainage, red streaks and fever of 101°F or greater.
- Call for nausea, vomiting, or hiccups lasting more than 12 hours.
- Call for increasing pain in the abdomen or under the breastbone.

Your surgeon or their staff can be reached Monday through Friday from 8:30 a.m. - 5:00 p.m. at 707-393-4090 or through the hospital operator at 707-393-4000.

For all problems after hours, on weekends, and holidays, call 707-393-4044 or the emergency department 707-393-4800. For non-urgent issues you may also email your doctor.

### **Specialized Instructions**

- Swallowing difficulties and bloating is often experienced. These symptoms usually resolve within several weeks.
- Some pain referred to your shoulder is expected.