Post Operative Instructions for
Nissen Fundoplication - Laparoscopic

Activity
• You can walk, run, climb stairs and do regular household activities.
• Do NOT do any heavy lifting (nothing greater than 15 pounds) or take part in any activity where you could get hit in the belly for 3 weeks.
• You can shower the day after your operation.
• Sexual activity is safe as soon as you are comfortable.
• You may resume driving 48 hours after your operation.
• Do NOT drive a car while you are taking pain medicine.

Diet
• You need to take a liquid diet for 1 week after your operation. The liquids do not have to be clear. Ensure, Carnation Instant Breakfast, soup or any other liquid you like is fine.
• You can have yogurt, pudding or ice cream as long as they “melt in your mouth”.
• Do NOT eat solid food for 1 week after the surgery. It may get stuck as it passes through the valve and have to be removed at the hospital!
• Call Dr. Bransky 1 week after the operation to discuss how smoothly the liquids are going down and when you can try other foods.

Daily Incision Care
• You can take off the Band-Aids or dressing 48 hours after the operation.
• Your incision will have steri-strips (small white strips of tape) across it. Leave these on for 1 to 2 weeks.
• Take the steri-strips off the incision if they have not fallen off in 2 weeks.

Medications
• You may not need your heartburn or reflux medicine after the operation. Talk to your surgeon before you go home.
• You should get the liquid form of the pain medicine (i.e. Percocet) the doctor prescribed for you.
• If you can get the liquid form, cut the pain pill in halves or quarters so that they will pass through the swollen valve near your stomach.
• Some pain medicine can cause nausea and constipation. Use Ibuprofen (Motrin, Advil, or Aleve) or Acetaminophen (Tylenol) if pain is not severe. These medicines have fewer side effects than narcotics.

Common Problems
• You may have swelling at the incision site. It should go down in 2 weeks.
• You may have trouble swallowing because of the swelling. Follow the diet directions given on this sheet.
• Pain medicines can cause constipation (not being able to have a bowel movement). If you have constipation, take 1 tablespoon of Metamucil, mixed in water or fruit juice a day, for the first few weeks.

Call Dr. Bransky If
• You have chills or fever greater than 101°F (or 38.3°C).
• You go 2-3 days without having a bowel movement.
Follow-Up
• If you have not scheduled a follow-up appointment call Dr. Bransky’s office to schedule one for 2 weeks from the day you went home.
• In case of emergencies, call Dr. Bransky and/or proceed to the nearest Emergency Room.