



## Laparoscopic Partial Fundoplication and Fundoplication

### **Contact Information**

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### **Diet**

#### **Weeks 1-2: All Liquid Diet**

- Boost, Ensure, Resource and other liquid supplements
- Strained creamy soups without chunks
- Cooked refined cereals, such as oatmeal, grits, or farina (Cream of Wheat) that are liquified with excess milk or water
- Jell-O, pudding, custard
- Milkshakes, Smoothies
- Fruit juices, including nectars, and juice with pulp
- Fruit ices and popsicles
- Plain ice cream, frozen yogurt, sherbet
- Tea, coffee, water, sugar, honey, syrups

**Weeks 3-6:** Resume a soft diet ex.: eggs, mashed potatoes, well-cooked pasta, baked fish, until your dr. tells you otherwise

### **Post Surgery**

#### **Common Post-op expectations:**

- Dysphagia (difficulty swallowing)
- Tired/exhaustion
- Pain in abdominal area
- Gas & Bloating
- Feeling fullness faster
- Pain in shoulders/neck

**These are all NORMAL.**

**Activity:** No heavy lifting for 6 weeks. Light activity for the first two weeks, slowly increase activity as tolerated.

**Acid Reflux:** If you are currently taking medication to treat acid reflux, please continue the meds the first week post-op, then decrease to every other day. However, If you have gastritis or ulcers, please consult your GI for your medication management.

**Wound Care:** You may shower 48 hours after surgery. You have steri-strips covering your incisions. Leave those on, they will eventually fall off in about 2 weeks. You may utilize ice packs to reduce swelling as needed.

**Gas and Bloating:** Avoid eating gassy foods such as broccoli, cabbage, beans, asparagus, etc. If you are belching, try simethicone, found in Gas-X, and other anti-gas products.

**Constipation:** A change in eating habits and pain medication can lead to constipation. You may use stool softeners/ mild laxatives to assist with this.

**Pain:** Follow pain medication as ordered. You may experience shoulder and neck pain, this is normal and can last 5-7 days. A warm compress and walking can aide in relieving that pain. Some patients experience pain in the left shoulder longer, this is normal. No driving or drinking alcohol for 72 hours post-op or while taking pain medication.

#### **When to call the doctor:**

- Fever over 101 degrees
- Extreme difficulty swallowing
- Bleeding
- Increased abdominal pain
- Redness, warmth or pus draining from incision sites
- Persistent nausea or inability to take in liquids