

Daniel G. Turgeon, M. D., F. A. C. S., P.L.L.C.
Karim S. Trad, M.D., F.A.C.S.
Suite 312 • 1800 Town Center Drive
Reston, Virginia 20190
Phone: 703-796-0370 • Facsimile: 703-796-0373

Patient Instructions

LAPAROSCOPIC NISSEN FUNDOPLICATION

You may bathe gently over the incisions with soap and water.

Re-dress the incision with small dressing or band-aids as necessary.

You may use Tylenol, one or two tablets, every four hours for pain. For more severe pain, use the prescription pain medication as directed.

Use a full liquid diet (if you can pour it – you can eat it) until you are seen in follow-up in my office. Custards, puddings and ice cream are okay. Consume frequent small meals each day (4-6) instead of three large meals, for the first 3-4 weeks after surgery. Soon, you should be able to eat almost anything you like. Avoid constipation by using a stool softener such as Surfak 240mg., or generic equivalent, with dinner daily for a few weeks.

Watch for fever greater than 101 or excessive pain, swelling or drainage from the incision. Call me if you have any problems.

Make an effort to be as active as you can, but do not do any heavy lifting or engage in sports. You may drive as soon as you feel comfortable enough to operate the car. Do not do anything to put unnecessary stress on the muscles of the abdomen. At first, take stairs slowly, one at a time.

You can expect some minor discomfort in the incisions which should be controlled by pain medication. Your strength and energy will seem less than normal for a few weeks but will gradually build up to normal. It is normal to feel strange sensations around the incision sites for several months while they are healing. You may also experience neck and shoulder discomfort due to the position you were in on the Operating Room table. This is also normal and will disappear with time. You may use moist heat to the area affected. Massage will also be helpful to keep the muscles loose. You may use Tylenol as directed for the discomfort. I will be checking these things when you come to my office.

Use a mild laxative such as Milk of Magnesia at bedtime if your bowels do not move for more than two days.

Call my office on the next working day and make an appointment to see me in a week to 10 days.