

SURGICAL SPECIALIST OF PLANO  
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## LAPAROSCOPIC NISSEN FUNDOPLICATION

### POST OPERATIVE INSTRUCTIONS

1. On your arrival home you will want to immediately resume eating a regular diet. While this is encouraged I also caution you to GO SLOWLY; do not try to eat pizza the first day. There should be no reason you cannot enjoy eating again since your reflux should now be cured. Just remember to use common sense. You may experience dysphagia – painful swallowing for the first few days at home. This is common post-operative problem and will not continue forever. Call the doctor if you experience this symptom. PLEASE...no bread or red meat for the first 2 weeks following surgery!!
2. Take your pain medication as prescribed. Please.....NO ASPIRIN!!
3. You may resume showers/tub baths as desired beginning 24 hours after surgery.
4. You may be up and about within your own limits of tolerance. No strenuous activity during the first week; you can resume normal activity after that.
5. Keep each small incision covered with a fresh Band-Aid daily.
6. Call the office for your return follow up appointment one (1) week following surgery if one has not already been made for you.

If you have any questions please call the office at 972-596-5225