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# NISSEN FUNDOPLICATION

## DISCHARGE ADVICE SHEET

It is recommended that you observe the following instructions

### 1. **DIETARY CHANGES:**

- Eat small, frequent, bland meals to reduce stomach bulk and acid secretion
  - Avoid beverages and goods that will intensify your symptoms, such as alcohol and spicy food
  - Avoid activities that increase intra-abdominal pressure, such as coughing, wearing constrictive clothing and straining
  - Ensure liquids with meals
  - Chew food thoroughly
  - Regular walking encourages digestion
2. Wash over wounds with daily showers and pat dry.
  3. Notify your doctor immediately if any bleeding; pressure on left lung; chest pain; abdominal pain; difficulty with swallowing; nausea and vomiting reflux; fever; difficulty with breathing.
  4. Take medication as ordered by doctor.
  5. Follow-up with your surgeon at appointment time (appointment card given).
  6. It may be several weeks before you regain your strength. Avoid strenuous exercise and heavy lifting for several months.
  7. Avoid stress, tight clothing, hard coughing and strained bowel movements.
  8. To relieve symptoms of heartburn, elevate head with 2-3 pillows. Sleep on right side.
  9. Try to avoid smoking.
  10. Special instructions from your surgeon

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Please call your Surgeon if you have any concerns, or contact Wangaratta Private Hospital on 57230 950