Thoracic Surgery
After Your Laparoscopic Nissen Fundoplication
Patient Education – Discharge Information

PRIOR TO SURGERY

- Do not smoke at least 2 weeks prior to surgery.
- Do not take any nonsteroidal anti-inflammatory medication (i.e. Motrin, Ibuprofen, and Aleve) or Aspirin products up to 1 week prior to your surgery date.
- Acetaminophen (Tylenol) is fine to take prior to surgery.
- Please let us know if you are using an herbal medication, since some can result in excessive bleeding or other complications at operation.

AFTER SURGERY

Hospitalization -

The hospital stay is generally 1-3 days. When you wake up from surgery you may have a tube placed in your nose called a nasogastric tube. This tube is used to help drain air and fluids from your stomach. Although it may be uncomfortable, it is very important to keep in as long as instructed by your surgeon. Generally this is removed the next morning.

You may also need a Barium Swallow prior to being sent home, to assure that there is no leak or obstruction.

Managing my pain -

Most pain is associated with the “gas” that is used to inflate the abdomen during surgery; the best way to get rid of this is to walk!

However you will be prescribed a pain medication. With this you will also be prescribed a stool softener. To help avoid constipation, which can occur often while taking most commonly prescribed pain medications, it is also important to drink plenty of water and other fluids.

No driving for 2-3 days after surgery, or longer while taking narcotic pain medicine.
Taking care of my Incisions -

You will have 5 small incisions on your abdomen. It is not uncommon for the one closest to the belly button to have some drainage as long as it is not thick in consistency, or greenish in color. If you notice that it is thick/green then we should be contacted. Notify your physician if you notice any of the following as well.

- Temperature above 101°F
- Significant increase in abdominal pain or discomfort
- Redness, swelling or drainage from the incision sites
- Incision opening up
- Change in overall health status nausea, vomiting, chills, profuse sweating, diarrhea or constipation
- Difficulty swallowing

No dressings are needed for the incisions unless otherwise instructed. Avoid tight clothing around the incision sites or fabrics which may irritate the skin.

Keep your incisions clean with soap and water in the shower. You need to wait 48 hours after surgery (unless otherwise instructed), before you are able to shower. No tub baths, or soaking your incisions in a pool/hot tub until they are well healed, which will be around 4 weeks or it can be determined at your post-operative visit.

Diet -
It will be very important that you see a dietitian prior to discharge as you will be on a special diet for 2 weeks. If you are unable to speak with the dietitian, she will leave the information for you to go over, please feel free to contact her, should you have questions.

Activity Level –

- Do not lift anything greater than 10 lbs for a month
- You are then restricted to lifting nothing greater than 25 lbs, for the next 2 months, there is a 3 month total lifting restriction after surgery. This includes lifting children, groceries, mowing lawns, moving furniture, and certain sport activities.