

DISCHARGE INSTRUCTIONS FOR ESOPHYX ANTIREFLUX SURGERY

Follow-up:

Call 303-788-7700 for an appointment to see Kate Freeman, NP for office follow-up 7-14 days after surgery. For non-urgent questions, you may email Kate at kate@sofisite.com Please allow 24-48 hours for response.

You will also be seen for post-operative evaluation at 3 months and 1 year from surgery.

Diet:

Follow the attached diet progression. It is very important not to stress this area while you are healing. Take small bites and chew your food well. While this area is healing, continue with your reflux diet: stay upright for 1 hour after eating, do not eat within 2 hours of bedtime, no carbonated beverages, avoid spicy foods and gas/acid forming foods (tomato based products, peppermint, pepper, caffeine, alcohol, onions, green peppers, fatty foods, beans, citrus, and fiber supplements). If you become constipated it is okay to use a laxative.

Activity:

Walking is encouraged after surgery. Start with short distances and increase as your tolerance allows. Stairs are ok. Sex may resume after 1 week. You may drive when you are no longer taking pain pills. Do not lift anything you have to strain to lift for 1 month. No strenuous exercise for 1 month.

Chest & Shoulder Pain:

Sometimes patients will experience shoulder pain, neck pain, or deep pain in the chest after this procedure. This is normal and will resolve with time. If the pains are increasing and you are concerned about heart problems, call 911.

If Food Sticks / Heartburn:

It is not uncommon for patients to experience food sticking for 4-8 weeks after surgery – sometimes the only thing you feel is severe pain on swallowing. When this happens the best things to do are to stand up, to walk around slowly, and to try sipping some lukewarm water. Generally these pains will pass within 10-15 minutes; if they persist longer you should call Dr. Bell or the physician on call.

If you experience heartburn after eating a particular food, avoid that food for the first 4 weeks after the procedure. Your esophagus is irritated from the procedure and it may feel like you still have reflux.

Medications & Medication Reconciliation:

You will have been given a prescription for a narcotic pain reliever such as Dilaudid. Use these as directed. As soon as you are able to, please switch to Acetaminophen (Tylenol), as directed on the package, up to 3000 mg/day. If pills are sticking avoid aspirin, ibuprofen (Motrin, Advil), Naproxen (Aleve), and other non-steroidal anti-inflammatories, as they can irritate the esophagus if they get stuck.

You may resume other medications you were on prior to surgery. If they stick, please consult with your pharmacist or primary care doctor about breaking or crushing your medications.

You may have been given a sheet that reviews your medications upon discharge from the hospital. Unless we have specifically informed you of any changes, if there are questions about your usual medications we ask that you review these with the provider that prescribed the medication.

You should continue your heartburn medication (Prilosec, Prevacid, Zegerid, etc.) for two weeks after surgery, you may then discontinue them.

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You have a prescription for an anti-nausea medication, probably prochlorperazine (Compazine). Use this as directed if you are nauseated, in order to avoid retching.

Sore Throat:

After this procedure, it is common to have a raw and sore throat. This will improve with time.

Call for:

1. Fevers to more than 101^o Fahrenheit
2. Unusual chest or leg pain
3. Increasing abdominal pain
4. Vomiting not resolved with Compazine.
5. Please do not hesitate to call with any other questions

Return to Work:

Most patients can return to work in 3-7 days depending on the physical activity required for your job.

Patient Signature Date

Provider Signature Date

Patient Label

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DIET INSTRUCTIONS AFTER TIF FUNDOPLICATION (ESOPHYX)

Items marked with an X may be consumed

Post-Procedure Week:	Week 1	Week 2	Week 3	Week 4	Week 5
Chicken Broth, Strained	X	X	X	X	X
Creamed soups					
Clear liquids (Juice, coffee, popsicles, etc)	X	X	X	X	X
Liquid Nutritional Supplements	X	X	X	X	X
Pudding	X	X	X	X	X
Milk	X	X	X	X	X
Gelatin	X	X	X	X	X
Yogurt	X	X	X	X	X
Cottage cheese	X	X	X	X	X
Well-cooked and pureed vegetables (no chunks, no potatoes)	X	X	X	X	X
Chewable vitamins	X	X	X	X	X
Antacid medication*	X	X			
Moist & boneless fish			X	X	X
Canned fruits without skins			X	X	X
Bananas			X	X	X
Melons			X	X	X
Berries			X	X	X
Tofu			X	X	X
Meatless casseroles			X	X	X
Soft eggs			X	X	X
Cooked vegetables			X	X	X
Pasta			X	X	X
Soft & moist rice			X	X	X
Noodles			X	X	X
Cereals softened in milk			X	X	X
Fresh vegetables					X
Meats					X
Mashed potatoes					X
Breads					X

* Continue your preop antacid medication or omeprazole (OTC) 20 mg daily for two weeks after surgery.

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Answers to commonly asked questions:

1. Mashed potatoes, cream of wheat, and oatmeal are no-nos until week 5.
2. Alcohol may be consumed in moderation when narcotic pain medications are not being taken.
3. Carbonated beverages are not recommended until week 5.