

**DISCHARGE INSTRUCTIONS FOR LAPAROSCOPIC
NISSEN FUNDOPLICATION/ HELLER MYOTOMY**

1. Your incision is sutured with absorbable stitches that do not need to be removed, and covered with medical glue. You may shower over the incisions.
2. Expect some weight loss, lack of energy and tiredness for the first two (2) weeks. Plan on one (1) week off work as a minimum. You may return to work and driving in one (1) week. No strenuous physical activity for two (2) weeks.
3. Expect some shoulder pain. It should resolve in 24-48 hours.
4. **Diet:** Remember to take small bites, chew well, take your time and do not over eat. You will fill up quickly.

DO NOT USE STRAWS

DO NOT EAT: Chunks of meat such as steak, roast, fried chicken.
Bread.
Hard fruits such as apples, pears.
Hard vegetables such as broccoli, cauliflower or carrots.
Chips, nuts.
Carbonated beverages.

OK TO EAT: Ground meat
Baked chicken in small pieces
Baked fish
Soft fruit such as bananas or watermelon
Cooked vegetables such as corn, potatoes, beans, peas or rice
Caffeinated beverages and fruit juice

5. You will receive a prescription for pain medication that you may take as often as every four (4) hours. ***Do not drive while taking this.*** Side effects include constipation, drowsiness and/or nausea.
6. **Return Appointment:** Call (214)823-2650 to make an office appointment for two (2) weeks.
7. Take fiber laxative and stool softener daily until bowel function returns to normal.