

PERIOPERATIVE SERVICES

Post-Operative Instructions

Laparoscopic Fundoplication/Esophageal Surgery

PAIN:

Use extra strength Tylenol™ (acetaminophen) as directed for pain medication. Your surgeon may have also given you a prescription for a stronger pain medication. Take medications as instructed by the nurse and or surgeon.

OPERATIVE SITE:

The small incisions were closed with a dissolving suture and covered with small nylon strips called steri-strips™. The steri-strips™ may be removed in 10 days. Occasionally, a small amount of suture may protrude through the incision. If this bothers you, it may be snipped off. You may shower while the steri-strips™ are in place but do not scrub these areas. Tub baths may be taken after all steri-strips™ have been removed.

ACTIVITY:

For the next 4 week avoid strenuous activity. Do not lift anything greater than 10 pounds (4.5 kgs). After 4 weeks, if you feel able to do so, resume your regular daily activities; which may include driving an automobile (if not taking extra pain medications), climbing stairs, showering and returning to work.

DIET:

Maintain eating foods of soft consistency (esophageal soft diet) for two weeks. If you experience a sticking sensation while swallowing (**this sensation is not uncommon**), relax and give the food a chance to pass. Drinking fluids may help alleviate the sticking sensation. Several small meals per day may be more comfortable at first then having three regular, larger meals per day. Increase the amount of fibre in your diet and drink plenty of fluids to prevent constipation. Good sources of fiber are fruits, vegetables and whole grain bread and cereals (All Bran™, Bran Flakes™, Shreddies™ and Shredded Wheat™).

FOLLOW-UP:

Your nurse will review your post operative discharge teaching instructions with you before going home. The nurse/surgeon will advise you about your follow-up appointment before you are discharged home.

CONTINUED ON OTHER SIDE →

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ADDITIONAL INFORMATION:

Resume normal preoperative prescription medications as directed by your doctor. Unless otherwise directed, the antacids and other medications for reflux may be discontinued. You may also use a stool softener or laxative as needed ie: Colace™ or Senokot™.

Go to the nearest Emergency Department if you have any of the following:

- increasing redness around your incision
- increased swelling around your incision
- increased tenderness/severe pain not controlled by pain medication
- elevated temperature (above 38°C or 100.4°F) and or chills lasting more than 24 hours
- foul smelling discharge (yellow-green) discharge from operative site
- **inability to swallow liquids**

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands saves lives.