



Information for You from Your Health Care Team

Laparoscopic Nissen Fundoplication

Recovering from surgery:

Most people whose heartburn can be treated by a laparoscopic procedure remain in the hospital 1 to 3 days following surgery. They usually return to work or their normal routine in 1 to 2 weeks. Because no muscles are cut and only small incisions are made, you are likely to have less post-operative pain than traditional surgery which requires a larger incision. When these incisions heal, the scars may be nearly invisible and you will be able to eat many of the foods that caused you discomfort before.

During your recovery:

You may have a feeling of tightness with a little difficulty swallowing due to some swelling inside the esophagus. This should go away in 6 to 8 weeks, if not sooner. Once you start eating solid foods you will need to follow a few rules to avoid a feeling of bloating and to ease the swallowing process during healing. The rules are:

- Slow down and don't gulp
- Chew things thoroughly-avoid foods that "clump" together like rice, pasta or breads
- Avoid cold foods and drinks
- Avoid carbonated drinks for 3 to 4 weeks
- Eat small, frequent meals

Your recovery at home:

Do not lift over 10 lbs. or do any intense exercise. Follow your doctor's advice about showering, driving and returning to work. Gradually start to do your normal daily routine. Getting up and moving around is important to your recovery. Your body will tell you when it needs rest.

Call your doctor if you develop any of the following:

- Persistent fever over 101 F
- Bleeding from your incision
- Increased abdominal swelling or pain
- Persistent nausea or vomiting
- Persistent cough or shortness of breath
- Difficulty swallowing that doesn't go away within a few weeks