



CENTRAL CAROLINA SURGERY, P.A.

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ESOPHAGEAL (HIATAL HERNIA/ANTI-REFLUX) SURGERY: POST OP INSTRUCTIONS

Always review your discharge instruction sheet given to you by the facility where your surgery was performed.

1. A prescription for pain medication may be given to you upon discharge. Take your pain medication as prescribed, if needed. If narcotic pain medicine is not needed, then you may take acetaminophen (Tylenol) or ibuprofen (Advil) as needed.
2. Take your usually prescribed medications unless otherwise directed.
3. If you need a refill on your pain medication, please contact our office. All narcotic pain medicine now requires a paper prescription. Phoned in and fax refills are no longer allowed by law. Prescriptions will not be filled after 5 pm or on weekends.
4. ***You should carefully follow the diet instructions at the end of this handout.***
5. Most patients will experience some mild swelling and/or bruising in the area of the incisions. It may take several days to resolve.
6. It is common to experience some constipation if taking pain medication after surgery. Increasing fluid intake and taking a stool softener (such as Colace) will usually help or prevent this problem from occurring. A mild laxative (Milk of Magnesia or Miralax) should be taken according to package directions if there are no bowel movements after 48 hours.
7. Unless discharge instructions indicate otherwise, you may remove your bandages 48 hours after surgery, and you may shower at that time. You may have steri-strips (small white skin tapes) in place directly over the incision. These strips should be

left on the skin for 7-10 days. If your surgeon used Dermabond (skin glue) on the incision, you may shower in 24 hours. The glue will flake off over the next 2-3 weeks.

8. **ACTIVITIES:** Take short walks 2-3 times a day. This will reduce the risks of blood clots after surgery. Practice 10 deep breaths every hour for at least 12 hours a day for the first week after surgery. This will decrease your risk of lung problems or pneumonia. Do not lift heavy objects (more than 10 pounds) until approved by your doctor. Do no strenuous exercise or activity for 2 weeks. You may drive when you are no longer taking prescription pain medication, you can comfortably wear a seatbelt, and you can maneuver your car.
10. You will need to see your doctor in the office for a follow-up appointment in 2-3 weeks. Please call our office to schedule your appointment.

WHEN TO CALL YOUR DOCTOR (336-387-8100):

1. Fever over 101.0
2. Chills
3. Continued bleeding from incision
4. Increased redness and tenderness at the site
5. Shortness of breath, difficulty breathing
6. Worsening abdominal (stomach) pain

The clinic staff is available to answer your questions during regular business hours. Please don't hesitate to call and ask to speak to one of the nurses or medical assistants for clinical concerns. If you have a medical emergency, go to the nearest emergency room or call 911. A surgeon from Central Carolina Surgery is always on call at the hospital.

For further information, please visit www.centralcarolinasurgery.com

EATING AFTER YOUR ESOPHAGEAL SURGERY

(Stomach Fundoplication, Hiatal Hernia repair, Achalasia surgery, etc)

After your esophageal surgery, expect some sticking with swallowing over the next 1-2 months.

If food sticks when you eat, it is called "dysphagia". This is due to swelling around your esophagus at the wrap & hiatal diaphragm repair. It will gradually ease off over the next few months. To help you through this temporary phase, **we start you out on a pureed (blenderized) diet.**

Your first meal in the hospital was thin liquids. You should have been given a pureed diet by the time you left the hospital. We ask patients to stay on a pureed diet for the first 2-3 weeks to avoid anything getting "stuck" near your recent surgery. Don't be alarmed if your ability to swallow doesn't progress according to this plan. Everyone is different and some diets can advance more or less quickly.

Some BASIC RULES to follow are

- Maintain an upright position whenever eating or drinking.
- Take small bites - just a teaspoon size bite at a time.
- Eat slowly. It may also help to eat only one food at a time.
- Consider nibbling through smaller, more frequent meals & avoid the urge to eat BIG meals
- Do not push through feelings of fullness, nausea, or bloatedness
- Do not mix solid foods and liquids in the same mouthful
- Try not to "wash foods down" with large gulps of liquids.
- Avoid carbonated (bubbly/fizzy) drinks. Understand that it will be hard to burp and belch at first. This gradually improves with time. Expect to be more gassy/flatulent/bloated initially. Walking will help you work through that. Maalox/Gas-X can help as well.
- Eat in a relaxed atmosphere & minimize distractions.
- Avoid talking while eating.
- Do not use straws.
- Following each meal, sit in an upright position (90 degree angle) for 60 to 90 minutes. Going for a short walk can help as well
- **If food does stick, don't panic.** Try to relax and let the food pass on its own. Sipping WARM LIQUID such as strong hot black tea can also help slide it down.

Be gradual in changes & use common sense:

- If you are easily tolerating a certain "level" of foods, advance to the next level gradually
- If you are having trouble swallowing a particular food, then avoid it.
- If food is sticking when you advance your diet, go back to thinner previous diet (the lower LEVEL) for 1-2 days
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LEVEL 1 = PUREED DIET

Do for the first 2 WEEKS AFTER SURGERY

- Foods in this group are pureed or blenderized to a smooth, mashed potato-like consistency.
- If necessary, the pureed foods can keep their shape with the addition of a thickening agent.
- Meat should be pureed to a smooth, pasty consistency. Hot broth or gravy may be added to the pureed meat, approximately 1 oz. of liquid per 3 oz. serving of meat.
- CAUTION: If any foods do not puree into a smooth consistency, swallowing will be more difficult. (For example, nuts or seeds sometimes do not blend well.)

Hot Foods	Cold Foods
Pureed scrambled eggs and cheese	Pureed cottage cheese
Baby cereals	Thickened juices and nectars
Thinned cooked cereals (no lumps)	Thickened milk or eggnog
Pureed French toast or pancakes	Ensure
Mashed potatoes	Ice cream
Pureed parsley, au gratin, scalloped potatoes, candied sweet potatoes	Fruit or Italian ice, sherbet
Pureed buttered or alfredo noodles	Plain yogurt
Pureed vegetables (no corn or peas)	Instant breakfast
Pureed soups and creamed soups	Smooth pudding, mousse, custard
Pureed scalloped apples	Whipped gelatin
Gravies	Sugar, syrup, honey, jelly
Sauces, cheese, tomato, barbecue, white, creamed	Cream
Any baby food	Creamer
Alcohol in moderation (not beer or champagne)	Margarine
Coffee or tea	Mayonnaise
	Ketchup, mustard
	Apple sauce

SAMPLE MENU: PUREED DIET

Breakfast	Lunch	Dinner
Orange juice, 1/2 cup Cream of wheat, 1/2 cup	Pineapple juice, 1/2 cup	Pureed turkey, barley soup, 3/4 cup Pureed Hawaiian chicken, 3 oz
Scrambled eggs, mashed or blended with cheese, 1/2 cup Tea or coffee, 1 cup Whole milk, 1 cup Non-dairy creamer, 2	Mashed potatoes, 1/2 cup Pureed cooled broccoli, 1/2 cup Apple sauce, 1/2 cup Coffee or tea	Mashed potatoes, 1/2 cup Pureed spinach, 1/2 cup Frozen yogurt, 1/2 cup Tea or coffee

Tbsp.		
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LEVEL 2 = SOFT DIET

After your first 2 weeks, you can advance to a soft diet.
Keep on this diet until everything goes down easily.

Hot Foods	Cold Foods
White fish	Cottage cheese
Stuffed fish	Junior baby fruit
Baby food meals	Semi thickened juices
Minced soft cooked, scrambled, poached eggs	nectars
Souffle & omelets	Ripe mashed bananas
Cooked cereals	Canned fruit, pineapple sauce, milk
potatoes	Milkshake
Buttered or Alfredo noodles	Custard
Cooked cooled vegetable	Puddings, including tapioca
Sherbet	Yogurt
Vegetable soup or alphabet soup	Fruit ice, Italian ice
Gravies	Whipped gelatin
Sugar, syrup, honey, jelly	Junior baby desserts
Sauces: Cheese, creamed, barbecue, tomato, white	Cream
Coffee or tea	Margarine

SAMPLE MENU: LEVEL 2

Breakfast	Lunch	Dinner
Orange juice, 1/2 cup Oatmeal, 1/2 cup Scrambled eggs with cheese, 1/2 cup Decaffeinated tea, 1 cup Whole milk, 1 cup Non-dairy creamer, 2 Tbsp	Pineapple juice, 1/2 cup Minced beef, 3 oz Gravy, 2 Tbsp Mashed potatoes, 1/2 cup Minced fresh broccoli, 1/2 cup Applesauce, 1/2 cup Coffee, 1 cup	Turkey, barley soup, 3/4 cup Minced Hawaiian chicken, 3 oz Mashed potatoes, 1/2 cup Cooked spinach, 1/2 cup Frozen yogurt, 1/2 cup Non-dairy creamer, 2 Tbsp

LEVEL 3 = CHOPPED DIET

-After all the foods in level 2 (soft diet) are passing through well you should advance up to more chopped foods.

-It is still important to cut these foods into small pieces and eat slowly.

Hot Foods	Cold Foods
Poultry	Cottage cheese
Chopped Swedish meatballs	Yogurt
Meat salads (ground or flaked meat)	Milk
Flaked fish (tuna)	Milkshakes
Poached or scrambled eggs	Soft, cold, dry cereal
Souffles and omelets	Fruit juices or nectars
Cooked cereals	Chopped canned fruit
Chopped French toast or pancakes	Canned fruit cocktail
Noodles or pasta (no rice)	Pudding, mousse, custard
Cooked vegetables (no frozen peas, corn, or mixed vegetables)	Green salad
Canned small sweet peas	Ice cream
Creamed soup or vegetable soup	Fruit ice, Italian ice
Pureed vegetable soup or alphabet soup	Non-dairy creamer
Ground scalloped apples	Margarine
Gravies	Mayonnaise
Sauces: Cheese, creamed, barbecue, tomato, white	Ketchup
Coffee or tea	Mustard

SAMPLE MENU: LEVEL 3

Breakfast	Lunch	Dinner
Orange juice, 1/2 cup	Pineapple juice, 1/2 cup	Pureed turkey, barley soup, 3/4 cup
Oatmeal, 1/2 cup	Ground beef, 3 oz	Barbecue chicken, 3 oz
Scrambled eggs with cheese, 1/2 cup	Gravy, 2 Tbsp	Mashed potatoes, 1/2 cup
Decaffeinated tea, 1 cup	Mashed potatoes, 1/2 cup	cup
Whole milk, 1 cup	Cooked spinach, 1/2 cup	Ground fresh broccoli, 1/2 cup
Non-dairy creamer, 2 Tbsp	Applesauce, 1/2 cup	Frozen yogurt, 1/2 cup
Ketchup, 1 Tbsp	Decaffeinated coffee	Decaffeinated tea, 1 cup
Margarine, 1 tsp	Whole milk	Non-dairy creamer, 2 Tbsp
Salt, 1/4 tsp	Non-dairy creamer, 2 Tbsp	Margarine, 1 tsp
Sugar, 2 tsp	Margarine, 1 tsp	Salt, 1/4 tsp
	Salt, 1/4 tsp	Sugar, 1 tsp

LEVEL 4: REGULAR FOODS

- Foods in this group are soft, moist, regularly textured foods.
- This level includes meat and breads, which tend to be the hardest things to swallow.
- Eat very slowly, chew well and continue to avoid carbonated drinks.
- Most people are at this level in 4-6 weeks

Hot Foods	Cold Foods
Baked fish or skinned	Soft cheeses - cottage cheese
Souffles and omelets	Cream cheese
Eggs	Yogurt
Stuffed shells	Milk
Spaghetti with meat sauce	Milkshakes
Cooked cereal	Cold dry cereals (no nuts, dried fruit, coconut)
French toast or pancakes	Crackers
Buttered toast	Fruit juices or nectars
Noodles or pasta (no rice)	Canned fruit
Potatoes (all types)	Ripe bananas
Soft, cooked vegetables (no corn, lima, or baked beans)	Peeled, ripe, fresh fruit
Creamed soups or vegetable soup	Cakes (no nuts, dried fruit, coconut)
Canned chicken noodle soup	Plain doughnuts
Gravies	Ice cream
Bacon dressing	Pudding, mousse, custard
Sauces: Cheese, creamed, barbecue, tomato, white	Fruit ice, Italian ice, sherbet
Decaffeinated tea or coffee	Whipped gelatin
Pork chops	Regular gelatin
	Canned fruited gelatin molds
	Sugar, syrup, honey, jam, jelly
	Cream
	Non-dairy
	Margarine
	Oil
	Mayonnaise
	Ketchup
	Mustard

**If you have any questions please call our office at
CENTRAL CAROLINA SURGERY: 336-387-8100.**