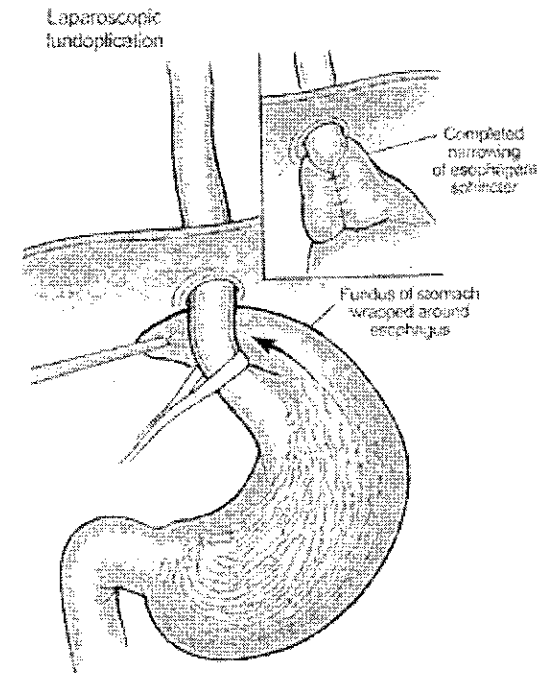


WHEN TO CALL YOUR DOCTOR

Be sure to call if you develop any of the following:

- Persistent fever over 38°C
- Bleeding
- Increasing abdominal swelling.
- Pain that is not relieved by your medications.
- Persistent nausea or vomiting.
- Chills.
- Persistent cough or shortness of breath.
- Purulent drainage (pus) from any incision.
- Redness surrounding any of your incisions that is worsening or getting bigger.
- You are unable to eat or drink liquids.

Recovering from Laparoscopic Nissen's Fundoplication



WHAT SHOULD I EXPECT AFTER SURGERY?

- Patients are encouraged to engage in light activity while at home after surgery.
- Post operative pain is generally mild and if you need pain relief, you can take over-the-counter medicines, such as paracetamol or ibuprofen. Some patients may require prescription pain medication.
- Anti-reflux medication is usually not required after surgery.
- You will usually need to gradually build up your diet after surgery beginning with liquids followed by gradual advance to solid foods. Start with soft foods like soups, jelly, yoghurt, mashed potato and ice cream.
- You may have some difficulty swallowing in the first few weeks after your operation. This is normal and is caused by swelling. You will need to take small mouthfuls of food and eat slowly. Your swallowing should return to normal after a month or so.
- You will probably be able to get back to your normal activities within a short amount of time, including showering, driving, lifting objects and working.
- You will usually be followed up after the operation to check on your progress.

- The amount of time your dissolvable stitches take to disappear depends on the type of stitches you have. They usually disappear in around two to three weeks, but it can sometimes take longer. Non-dissolvable stitches are removed a week after surgery. Please contact the hospital if you have any concerns.
- Full recovery from Nissen's fundoplication can take up to six weeks.

ARE THERE SIDE EFFECTS TO THIS OPERATION?

- Studies have shown that the vast majority of patients who undergo the procedure are either symptom-free or have significant improvement in their reflux symptoms.
- Long-term side effects to this procedure are generally uncommon. Occasionally, patients may require a procedure to stretch the oesophagus (food pipe) or rarely re-operation.
- Some patients develop temporary difficulty swallowing immediately after the operation. This usually resolves within one to three months after surgery. Other common side-effects include bloating, abdominal pain, wind and diarrhoea. You may find that you can't belch or vomit after the operation and it's important that you **don't drink fizzy drinks**.