



Fundoplication with or without Hiatal Hernia Repair

Post-Operative Instruction and Diet

- **Post-Op Appointment**

You will have appointments in the clinic:

- **2-weeks after surgery**
- **8-weeks after surgery**

- **Shoulder pain or neck pain**

This is not uncommon due to phrenic nerve irritation at the diaphragm during hiatal hernia repair and should improve significantly within 72-hours. Try a heating pad for relief and take pain medication as prescribed.

- **Diet**

A clear liquid diet is recommended for the first few meals (1st day after surgery). You will then advance to a full liquid diet (2nd day after surgery). On day 3 after you Laparoscopic Nissen Fundoplication, you may follow the Nissen soft diet.

- **Clear Liquid Diet**

<ul style="list-style-type: none"> • Apple juice • Cranberry juice • Grape juice • Chicken and beef broth • Flavored gelatin (Jell-O®) 	<ul style="list-style-type: none"> • Decaf tea and coffee • Caffeinated beverages (based on tolerance) • Popsicles • Italian ice
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• Full Liquid Diet

<ul style="list-style-type: none"> • Milk, soy, rice, and almond (no chocolate) • Cream of wheat, cream of rice, grits • Strained creamed soups (no tomato or broccoli) • Blended, custard style, or whipped yogurt (plain or vanilla only) 	<ul style="list-style-type: none"> • Vanilla and strawberry-flavored ice cream • Sherbet • Vanilla and butterscotch pudding (no chocolate or coconut) • Nutritional drinks including Ensure®, Boost®, Carnation Instant Breakfast® (no chocolate-flavored)
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• Nissen Diet

Food Category	Choose	Avoid
Beverages	<ul style="list-style-type: none"> • Milk, such as whole, 2%, 1%, non-fat, or skim, soy, rice, almond. • Caffeinated and decaf tea and coffee. • Powdered drink mixes (in moderation). 	<ul style="list-style-type: none"> • Chocolate milk, cocoa, or other chocolate-flavored drinks. • Carbonated drinks. • Alcohol. • Citrus juices like orange, grapefruit,

		<ul style="list-style-type: none"> • Non-citrus juices (apple, grape, cranberry, or blends of these). • Fruit nectars. • Nutritional drinks including Boost[®], Ensure[®], Carnation Instant Breakfast[®]. 	<p>lemon, and lime.</p>
Breads		<ul style="list-style-type: none"> • Toasted bread. • Pancakes, French toast, and waffles. • Crackers (saltine, butter, soda, graham, Goldfish[®] and Cheese Nips[®]). 	<ul style="list-style-type: none"> • untoasted bread, bagels, Kaiser and hard rolls, English muffins. • Crusty breads. • Fresh, doughy breads such as sweet rolls, coffee cake, and doughnuts. • Crackers with nuts, seeds, fresh or dried fruit, coconut, or highly seasoned (garlic

			or onion-flavored).
Cereals		<ul style="list-style-type: none"> • Well-cooked cereals such as oatmeal (plain or flavored). • Cold cereal (Cornflakes[®], Rice Krispies[®], Cheerios[®], Special K[®] plain, Rice Chex[®] and puffed rice). 	<ul style="list-style-type: none"> • Very coarse cereal such as bran or shredded wheat. • Any cereal with fresh or dried fruit, coconut, seeds, or nuts.
Potatoes and Starches		<ul style="list-style-type: none"> • Peeled, mashed, or boiled white or sweet potatoes. • Oven-baked potatoes without skin. • Well-cooked white rice, enriched noodles, barley, spaghetti, macaroni, and other pastas. 	<ul style="list-style-type: none"> • Fried potatoes, potato skins, and potato chips. • Hard and soft taco shells. • Fried, brown, or wild rice.
Eggs		<ul style="list-style-type: none"> • Poached, hard-boiled, or scrambled. 	<ul style="list-style-type: none"> • Fried and highly seasoned eggs (deviled eggs).
Vegetables		<ul style="list-style-type: none"> • Well-cooked soft vegetables 	<ul style="list-style-type: none"> • Raw vegetables.

		<p>without seeds or skins (asparagus tips, beets, carrots, green and wax beans, chopped spinach, tender canned baby peas, squash, pumpkin).</p>	<ul style="list-style-type: none"> • Gas producing vegetables (broccoli, Brussel sprouts, cabbage, cauliflower, onions, corn, cucumber, green peppers, rutabagas, turnips, radishes, sauerkraut). • Tomatoes, tomato juice, tomato sauce, and V-8[®] juice. • Dried beans, peas, and lentils.
Fruits		<ul style="list-style-type: none"> • Fruit juice. • Any canned or cooked fruit except those to avoid. 	<ul style="list-style-type: none"> • All fresh fruits such as citrus, bananas, and pineapple. • Canned pineapple. • Dried fruits such as raisins and berries. • Fruits with seeds such as

		berries, kiwi, and figs.
<p>Meat, Fish, Poultry, and Dairy Products: Eat ground, minced, or chopped meats to ease swallowing and digestion.</p>	<ul style="list-style-type: none"> • Tender, well-cooked, moist cuts of beef, chicken, turkey, and pork. • Veal and lamb. • Flaky, cooked fish. • Canned tuna. • Cottage and ricotta cheeses. • Mild cheeses such as American, brick, mozzarella and baby Swiss. • Creamy peanut butter. • Plain custard or blended fruit yogurt. • Moist casseroles such as macaroni and cheese, tuna noodle. • Grilled or toasted cheese sandwich. 	<ul style="list-style-type: none"> • Tough meats with a lot of gristle. • Fried, highly seasoned, smoked and fatty meat, fish, or poultry (frankfurters, luncheon meats, sausage, bacon, spare ribs, beef brisket, sardines, anchovies, duck, and goose). • Chili and other entrees made with pepper or chili pepper. • Shellfish. • Strongly flavored cheeses such as sharp and extra sharp cheddar and cheese containing

			<p>peppers or other seasonings.</p> <ul style="list-style-type: none"> • Crunchy peanut butter. • Yogurt with nuts, seeds, coconut, strawberries, or raspberries.
Soups		<ul style="list-style-type: none"> • Mildly flavored meat stocks. • Cream soups made from allowed foods. 	<ul style="list-style-type: none"> • Highly seasoned and tomato-based soups. • Cream soups made with gas producing vegetables such as broccoli, cauliflower, onion, etc.
Fats: Eat in moderation.		<ul style="list-style-type: none"> • Butter and margarine. • Mayonnaise and vegetable oils. • Mildly seasoned cream sauces and gravies. • Plain cream cheese. • Sour cream. 	<ul style="list-style-type: none"> • Highly seasoned salad dressings, cream sauces, and gravies. • Bacon, bacon fat. • Ham fat, lard, salt pork. • Fried foods. • Nuts.

<p>Desserts: Eat in moderation. Do not eat desserts or sweets by themselves.</p>	<ul style="list-style-type: none"> • Plain cakes, cookies, and cream-filled pies. • Vanilla and butterscotch pudding or custard. • Ice cream, ice milk, frozen yogurt, and sherbet. • Gelatin made from allowed foods. • Fruit ices and popsicles. 	<ul style="list-style-type: none"> • Desserts containing chocolate, coconut, nuts, seeds, fresh or dried fruit, peppermint, or spearmint.
<p>Sweets and Snacks: Use in moderation. Do not eat large amounts of sweets by themselves.</p>	<ul style="list-style-type: none"> • Syrup, honey, jelly, and seedless jam. • Molasses. • Plain hard candies and other candy made from allowed ingredients. • Marshmallows. • Thin pretzels. 	<ul style="list-style-type: none"> • Jam, marmalade, and preserves. • Chocolate in any form. • Any candy containing nuts, coconut, seeds, peppermint, spearmint, or dried or fresh fruit. • Popcorn, potato chips, tortilla chips.

		<ul style="list-style-type: none"> • Soft or hard thick pretzels such as sourdough.
Miscellaneous	<ul style="list-style-type: none"> • Salt and spices in moderation. • Mustard and vinegar in moderation. 	<ul style="list-style-type: none"> • Fried or highly seasoned foods. • Coconut and seeds. • Pickles and olives. • Chili sauces, ketchup, barbecue sauce, horseradish, black pepper, chili powder, and onion and garlic seasonings. • Any other food or strongly flavored seasoning, condiment, spice, or herb that you can't tolerate.

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- Tips for keeping your stomach from stretching and avoiding gas after Laparoscopic Nissen Fundoplication.

- Eat small, frequent meals (six to eight per day). This will help you consume the majority of the nutrients you need without causing your stomach to feel full or distended.
- Eat very slowly. Take small bites and chew your food well to help aid in swallowing and digestion.
- Sit upright while eating and stay upright for 30 minutes after each meal. Gravity can help food move through your digestive tract. **Do not lie down after eating.** Sit upright for 2 hours after your last meal or snack of the day.
- Avoid sticky, gummy foods such as bananas. These types of foods can be hard to swallow.
- Eat **desserts and sweets at the end of your meal** to avoid “dumping syndrome.” This describes the rapid emptying of foods from the stomach to the small intestine. Sweets move more rapidly and dump quickly into the intestines. This can cause symptoms of nausea, weakness, cold sweats, cramps, diarrhea, and dizzy spells.
- Drinking large amounts of fluids with meals can stretch your stomach. You may drink fluids between meals as often as you like, but limit fluids to 1/2 cup (4 fluid ounces) with meals and one cup (8 fluid ounces) with snacks.
- Avoid drinking through a straw and chewing gum or tobacco. These actions cause you to swallow air, which produces excess gas in your stomach. Chew with your mouth closed.
- Avoid any foods that cause stomach gas and distention. These include many raw vegetables, dried beans and peas, and any food from the cabbage family.