



WINNETT
specialist group

LAPAROSCOPIC NISSEN FUNDOPLICATION DISCHARGE INSTRUCTIONS

MR J WINNETT

Diet

Some swelling and tightness around the lower part of the oesophagus can make swallowing a little difficult in the first few weeks following your surgery.

You may experience some decrease in appetite and full feeling in your stomach after a relatively small meal; this is quite normal. Start with nourishing fluids and progress to a soft diet two weeks post-op as tolerated and per dietary instructions given by dietitian.

Once you are confident you can swallow these foods (usually week five to six post op), you may progress to a normal diet, ensuring that you properly chew your food. Avoid any type of carbonated drinks.

Activity

Move gently around at home for the first few days and gradually increase your activity level each day as tolerated.

Avoid lifting heavy objects greater than 10kgs or engaging in vigorous exercise for a period of 6 weeks. You may drive your car when you feel confident and safe to do so.

03 9417 1555

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Medications

Take soluble Paracetamol/Panadeine or prescribed analgesia 2 tablets, every 4 - 6 hours or as required. Do not drive or operate machinery if taking prescribed medication. You do not need to continue taking your previously prescribed acid reducing medication. Please do not commence these medications without consulting Mr Winnett first. Post operative pain is usually quite mild and should be easily controlled.

Wound care

Your dressings will be changed prior to discharge from the hospital. They're waterproof and you can shower with them in place. Leave intact until your follow-up appointment, it is very important that your wounds do not become infected. If sutures are in place they will be removed at the time of the follow-up appointment. If there is any redness, discharge or pus coming from the wounds, contact Mr Jason Winnett's Rooms on 9417 1555 or page Mr Winnett on 9387 1000 if afterhours

Follow-up care

Your follow-up appointments will have been made prior to your surgery date. If you are unsure of these dates please contact Mr Jason Winnett's Rooms on 9417 1555 to confirm them. If you have any concerns regarding your surgery you are able to contact the rooms at any time during office hours 9am - 5pm, Monday to Friday. You may need long term follow up with a gastroscopy each year, this will be discussed at your follow up appointment.

After hours contact

Call 9417 1555 and a recorded message will give you details of how to contact the surgeon on call, who will assist you with your concerns.

If you are unable to contact the surgeon on call, go to the Emergency Department of Western Private Hospital. There will be an out-of-pocket cost for this visit.



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