

Barnes-Jewish Hospital
Discharge Instructions

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LAPAROSCOPIC FUNDOPLICATION/ESOPHAGEAL SURGERY
Discharge Instructions

ACTIVITY:

Resume normal daily activities as tolerated. This includes:

- Driving an automobile
- Climbing stairs
- Showering
- Returning to work
- Avoid strenuous activity for one week, then as tolerated

DIET:

Maintain an “esophageal soft” diet (foods of soft consistency) for two weeks. If you experience a sticking sensation while swallowing, relax and give the food a chance to pass. Several small meals may be more comfortable at first than three regular. Drink adequate liquids each day.

WOUND CARE:

The small incisions were closed with a dissolving suture and covered with small nylon strips called steri-strips. The steri-strips may be removed in 10 days. Occasionally, a small amount of suture may protrude through the incision. If this bothers you, it may be snipped off. You may shower while the steri-strips are in place but do not scrub these areas. Tub baths may be taken after all steri-strips have been removed.

Please observe incisions for signs of infection, such as:

- Redness
- Swelling
- Increased tenderness
- Discharge

If any of these occur, take your temperature. If your temperature is elevated or if you suspect infection, please call our office.

MEDICATIONS:

Resume normal preoperative prescription medications as directed by your medical doctor. Unless otherwise directed, the antacids and other medications for reflux may be discontinued.

In addition, you should take the following medications as necessary:

- Prescription pain medication as prescribed or extra strength Tylenol, 1-2 tablets every 4-6 hours as needed for pain
- Stool softener or laxative as needed

RETURN OFFICE

VISIT:

4 weeks after discharge. **Please call our office as soon as possible to schedule your follow-up appointment.** Our patient office is located in the 8th floor GI Center in the Center for Advanced Medicine at Barnes-Jewish North.

If you have any questions or concerns, please do not hesitate to call our office Monday-Friday, 8:00a.m. to 4:00p.m. at (314) 454-8877. If necessary, you may reach the doctor after hours through the exchange at (314) 854-0399.

Patient/Significant Other

Physician's Signature