

POST-OP RECOVERY (HIATUS HERNIA AND REFLUX SURGERY)

Apart from the specific instructions given to you depending on the type of surgery you have undergone, the basic general instructions that you should follow after your surgery are as follows:

1. Take pain relieving and other medications as advised. Pain relieving medication should be taken with liquids and may need to be crushed if you are having difficulty swallowing. After the first 72 hours of at home, take the pain medication only when needed.
2. Try to avoid carbonated fluids (fizzy drinks) or beer as this will cause bloating. If you feel you need to take these drinks let them go flat first.
3. Follow the dietary advice from your doctor or dietitian. First week fluids only. Weeks 2 and 3 soft mushy food and fluids, avoid meat, chicken and bread. After week 3 cautiously reintroduce normal diet and chew well.
4. Dressings should be removed after 5 days (unless otherwise instructed). It is not uncommon for a small amount of blood to be visible under the dressing, this is not of concern and the dressing should be left sterile and intact.
5. Avoid strenuous activity, as advised. Remember that it is easier to prevent developing pain rather than managing it once it has already developed. Rest for a few days after the surgery is advisable, but keep mobile.
6. Keep the dressing clean and dry to promote wound healing.
7. If you experience pain on performing a particular activity, this is your body telling you that it is not quite ready. Try to avoid painful activities until further healing has occurred.
8. Small amounts of caffeine and alcohol are ok, if a particular food or drink makes you feel bloated or unwell, try and avoid it
9. Schedule your follow up appointment with your doctor as advised, usually at 4-6 weeks after discharge.

Please consult your doctor immediately if you experience any of the following symptoms:

- Increased drainage from any of the incisions
- Increased redness around the incisions
- Unable to tolerate fluids or swallow any required pain killers
- Experiencing severe reflux symptoms
- Fever greater than 38.0 degrees C.
- Sudden calf pain or shortness of breath
- Chest pain