POST OP CARE OF THE PATIENT UNDERGOING FUNDOPLICATION

Fundoplication surgery is a procedure designed to narrow the outlet of the esophagus, (where the esophagus meets the stomach). The goal is to prevent reflux of stomach contents into the esophagus by tightening that area. The tightness of the wrap is determined by the surgeon during the procedure. During the first 2 to 3 weeks after the procedure there is significant swelling in that area. This swelling can make the size of the esophagus much narrower initially.

POST OPERATIVE DIETARY GUIDELINES MUST BE FOLLOWED CLOSELY TO ENSURE THE BEST OUTCOME AND LEAST DISCOMFORT FOLLOWING THIS SURGERY.

During the first 2 weeks postop ONLY the following foods are allowed:

FLUIDS:  milk or juices, punch or powdered drinks are OK
          NO CARBONATED BEVERAGES ARE ALLOWED
          Try carnation instant breakfast
          AVOID FROZEN DRINKS (they can cause esophageal spasm)

FOODS:   pudding, yogurt (no chunks of fruit) applesauce (no chunks)
          Soups (no chunks, NO MEAT) YOU MUST PUREE SOUPS IF THEY
          HAVE NOODLES OR VEGETABLES
          Mashed potatoes if they are watery and or with gravy
          Well-cooked rice with gravy or sauce (no chunks)
          Ice cream (no chunks) let it soften
          Italian ice, Popsicles

VERY IMPORTANT:
Take very small amounts of fluids (1-2 ounces) at first. Wait before taking any more sometimes up to 30 minutes.
While eating, take small bites of food, chew well, take sips of fluids periodically while eating.
Sit upright while eating, stay in a sitting position 15-60 minutes after eating. Avoid eating 2-3 hours before going to sleep.
STOP EATING WHEN YOU START TO FEEL FULL
DO NOT use straws, slurp food, chew gum, suck on ice (this can contribute to gas buildup which may get trapped and cause pain).

It is sometimes very difficult to get a child to cooperate with this plan, especially, when he/she feels better than they have been feeling when suffering with GERD. Not following the guidelines can mean that food can get trapped in the esophagus causing retching, gagging, vomiting and discomfort.

If you have any questions please call us. The first two weeks are the most difficult.