

A · N · N · I · S · T · O · N
GENERAL SURGERY CENTER

Committed to providing you state-of-the-art care

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After Care Instructions For Lap Nissen/Toupet

Please take these instructions home with you today and keep them handy. It's very important that you follow these instructions after your surgery.

1. For the first two days after surgery continue a baby food consistency diet. (Ex: applesauce, grits, yogurt, soup, jell-o, pudding, oatmeal, etc.)
2. After two days you may advance your diet to soft foods such as creamed potatoes, macaroni & cheese, and over-cooked green beans. You should avoid foods that tend to expand in water such as breads, dressing, red meats, etc.
3. Do not drink carbonated beverages until advised by your physician.
4. Do not eat or drink anything that is too hot or cold for the first week after surgery. This can cause esophageal spasms.
5. Take plenty of Gas-X for any pains or pressure. Chewable tablets work the best.
6. When you feel full, STOP EATING! If you overeat, it can be painful. If you hurt after you eat meals take GAS-X to help with the discomfort.
7. If you have extreme abdominal pain with increased fever, nausea or vomiting, contact our office as soon as possible.

**Call our office with any questions or concerns
(256) 240-9660**