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## FOOTHILL SURGICAL ASSOCIATES VARICOSE VEIN CARE

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### **Discharge Instructions**

### **Robotic Hiatal Hernia Repair With Nissen fundoplication**

#### **Danger Signals to watch for at home:**

- Chills, fever exceeding 101° F
- Nausea or vomiting persisting for 24 hours
- Diarrhea for more than 48 hours
- Redness, swelling, or foul-smelling drainage from incision (or tubes)
- If you develop any of these danger signals or have any urgent issues, please call Dr. Harish Yalamanchili at (909) 398-4895 or call the physician on call.
- Medical emergency - Go to nearest emergency room OR call 911
- If in doubt about an emergency, go to the emergency room.

#### **Follow Up visit:**

- The first visit is 2-weeks AFTER you are discharged home.
- Office address: **520 E. Foothill Blvd. Suite C**

**Pomona, CA 91767**

**Phone: (909) 398-4895**

**IT IS VERY IMPORTANT TO PREVENT COUGHING IN THE FIRST TWO WEEKS AFTER SURGERY. TAKE LIQUID ROBITUSSIN (DEXTROMETHORPHAN) COUGH MEDICINE (5ML EVERY 6 HOURS) EVERY DAY FOR THE FIRST TWO WEEKS AFTER SURGERY. USE ONLY THE ROBITUSSIN COUGH MEDICINE AND NOT THE EXPECTORANT. CHEW ON 'HALLS' OR SIMILAR COUGH DROPS IF NECESSARY.**

**Activity:****You MAY:**

- Shower.
- Walk twice a day.
- Lift up to 10 lbs.
- Go up and down stairs.

**You MAY NOT:**

- Drive a car until your follow-up visit in 2-weeks.
- Do any heavy lifting (no more than 10 lbs), twisting (golf, tennis), and turning, or excessive bending.
- Do not carry or lift luggage, groceries, laundry, children or pets. No excessive or forceful upper body movements.
- Activity restriction will be in place for 8 WEEKS after surgery. It is critical for the success of the surgery to follow these activity restrictions.
- It is ok to resume Sexual Activity 4 weeks after surgery OR once pain goes away.

**Dressings & Incisions:**

- You may get all of your incisions wet.
- It is not necessary to keep dressings on dry incisions.
- You may apply a dressing to your incisions for comfort or to keep things clean.
- Do not apply ointments to incisions.

**Eating and Drinking**

- No alcohol consumption while on narcotic medications.
- Eat or drink small quantities (no more than 1-cup) at a time in the first 2-weeks.
- Small frequent meals are recommended.
- It is ok to eat more than 3-times each day.
- You can advance your diet every 2 weeks as long as you are not having any problems. You will be on a clear liquid diet for 2 weeks, then a full liquid diet for 2 weeks and then a soft diet for 2 weeks.

**Pills/Medications:**

- All pills and medications must be **crushed** to a fine powder and taken with lots of liquids or apple sauce for the first month.
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## **Diet Instructions FIRST TWO WEEKS (Weeks 1 and 2):**

**Clear Liquid Diet Principle:** Anything you can see through you can have.

### **YES Items:**

- Jell-O
- Juice (Cranberry, Apple, Grape)
- Coffee
- Water
- Popsicles
- Broth
- Ice

### **NO Items:**

- Carbonated beverages
- Solid foods
- Thick liquids
- Alcohol
- Gum
- Hard candy

### **Instructions:**

1. Start by taking half a cup at a time.
  2. Increase the amount a little each day.
  3. Don't gulp liquids down.
  4. This diet should be strictly adhered to for weeks 1 and 2 after surgery.
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## **SECOND TWO WEEKS (Weeks 3 and 4):**

**Full Liquid Diet Principle:** Anything you can pour you can have.

### **YES Items:**

- Everything on the clear liquid diet
- Cream (strained) soups
- Pudding
- Ice cream
- Milk
- Yogurt
- Thinned oatmeal (or hot) cereal, Cream of Wheat, Farina
- Milk shakes

### **NO Items:**

- Carbonated beverages
- Solid foods
- Gum
- Hard candy

### **Instructions:**

1. Start by taking a cup at a time.
  2. Increase the amount a little each day.
  3. Don't gulp liquids down.
  4. This diet should be strictly adhered to for weeks 3 and 4 after surgery.
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### **THIRD TWO WEEKS (Weeks 5 and 6):**

**Soft Diet Principle:** These are mushy foods that require very little chewing.

#### **YES Items:**

- Everything on the clear liquid and full liquid diets
- Pasta
- Rice
- Fish
- Mashed potatoes
- Apple sauce
- Mushy-cooked vegetables
- Soft fruits (bananas, canned fruits, grapes, peeled peaches and nectarines)
- Ground chicken
- Ground beef
- Tamales
- Sushi

#### **NO Items:**

- Steak
- Baked potatoes
- Pork chops, lamb chops
- Hamburgers, hotdogs, sandwiches
- Bread
- Raw or undercooked vegetables
- Chips, tacos

#### **Instructions:**

1. Start by taking a cup at a time.
2. Increase the amount little each day.
3. Eat smaller meals more frequently throughout the day.
4. Do not eat in such a way that you are completely full.
5. This diet should be strictly adhered to for weeks 5 and 6 after surgery.