



## Hiatal Hernia Repair and Nissen Fundoplication:

### Post-operative information:

- When you are discharged from the hospital you will be instructed to be on a **clear liquid diet/full liquid** until your follow up appointment in the office. Then you will be placed on a **puree** diet for 7-10 days.
- Limit the amount of fluids with meals to around a ½ a cup, you may drink to your thirst throughout the day
- DO NOT LIE DOWN AFTER EATING. Sit upright or walk for 30 minutes after eating.
- Avoid eating 2 hours before bedtime
- No sticky/gummy foods such as bananas, bread, donuts for 6-8 weeks after surgery
- Limit sweets
- Avoid consuming excess gas (avoid straws, chewing gum, chewing tobacco or diet drinks that contain aspartame)
- Avoid gas producing foods such as broccoli, corn, onions, cauliflower, peas, lentils, beans, cabbage
- **Make sure to eat slowly, take small bites and chew your food well**
- Eat small, frequent meals throughout the day (aim for 6-8)
- Avoid carbonated beverages and alcohol for 6-8 weeks post-op.

### Clear Liquid Diet/ Full Liquid Diet (post-op day 1-7):

All Liquids except **carbonation, tomato products and alcohol**. Some examples are:

- Water plain or flavored water, such as propel, Mio, Hint, Vitamin Water
- Caffeinated coffee or tea- as tolerated
- Jello
- Popsicles
- Chicken Broth
- Apple, cranberry, or grape juice
- Italian Ice
- Milk (soy, rice, almond, etc. NO CHOCOLATE)
- Yogurt (all one consistency)- blended or custard style, vanilla or plain only
- Premade protein shakes
- Nutrition drinks such as Ensure, Boost (avoid chocolate flavor)
- Carnation instant breakfast
- Protein powders
- Cream of wheat/grits
- Strained creamed soup
- Vanilla ice cream
- Sherbet



## Puree Diet (post-op day 8-18):

All food should be blended or pureed, no lumps that require chewing. You can add small amounts of gravy, sauce, juice, water, milk, cream etc. to food before blending to the consistency of pudding. Some examples are:

- Cream of wheat
- Pureed oatmeal
- Smoothies- blended well
- Pureed chicken, beef, pork
- Pureed or very tender vegetables
- Mashed potatoes
- Pureed fruits without skins
- Mashed banana
- Mashed avocado

## Regular diet (after post-op day 18):

After you complete the puree diet, you can advance your diet slowly and as tolerated. You still want to make sure to eat slowly and chew your food well.

- Protein: start with fish, then advance to chicken and pork. Beef should not be consumed until 4 months after surgery.
- Breads and “sticky food” can be consumed in small amounts as tolerated
- Carbonated beverages can be resumed in small quantities to start.
- Gaseous foods (cabbage, broccoli, etc.) may still cause discomfort, only eat small amounts or avoid

You may still experience some discomfort with certain foods. Avoid that food for 1 month and then trial again. Try small amounts at first and again, make sure to chew well.