



DeKalb Medical

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POST OPERATIVE INSTRUCTIONS FOR HIATAL HERNIA REPAIR

ACTIVITIES:

- There is not any movement you could make that would damage you. You will find that flexing at the abdomen (sit-ups) will cause discomfort. Avoid this for a week or so. If you are not distracted by your incisions it will be safe to drive a car after about 4 or 5 days. Sex is allowed at any time after the 1st day or so. The 1st strenuous activity you will be able to tolerate is walking, jogging, or running. Swimming is fine at any time after the 1st 10 days. More vigorous activity can be discussed at your 1st postoperative visit.

DIET

- For the 1st month remain on liquids. In the hospital you will have been given clear liquids. For several days following clear liquids, you should remain on full liquids, consisting of soups and other foods which are mostly liquid. The next step in advancing your diet will be to begin taking foods which are solid, but which will require that you chew the food well so that it is mixed with your saliva. This aids in digestion, and helps lubricate your food. You must take enough time to eat so you will have plenty of time to swallow and digest. Foods to avoid at this stage include breads, chunks of meat, and solid pieces of raw vegetables. Nothing that feels dry in your mouth should be swallowed. Washing your food down with liquid must never be attempted. This will not "push down" anything which feels stuck, and could cause overflow into your lungs. The solution is to chew your food well, just as your mother always told you to do.

WOUND CARE:

- You will have several trocar wound sites, each covered with a surgical glue. Each incision is closed with sutures underneath the skin. If any of the dressings come off, do not be concerned. Just swab the area with alcohol after showering. If you leave the dressing intact until your office visit, you will probably have a more cosmetically attractive scar.

BATHING:

MEDICATION

- You may shower, since the dressings are waterproof. No tub baths.
- You will be given a prescription for pain medication. Any other medication you usually take can be continued. It will not hurt to take an antacid, though this eventually will not be necessary.

SPECIAL

INSTRUCTIONS

- You may use an ice pack or cold compress for incisional pain. It is not encouraged after the 1st 24 hours following surgery unless you find that it relieves discomfort.
- Some patients may experience a deep discomfort after the 1st day or so following surgery, especially with deep breathing. It will not damage anything inside you if you take deep breaths. We encourage you to breathe deeply to avoid lung congestion. Just take your pain medication prescription or Tylenol.
- Some patients also experience discomfort in the shoulder area. This is due to the carbon dioxide gas, and will wane soon, as the gas is entirely reabsorbed.

RETURN TO OFFICE

- Call today for your postoperative appointment in 7 days. The office number is 404-501-9170.

Call your physician if you have unusual symptoms such as bleeding, swelling, burning, abnormal discharge, bladder or bowel problem, extreme pain, vomiting, prolonged nausea, temperature over 100.4 degrees Fahrenheit.