

POST TRANSORAL INCISIONLESS FUNDOPLICATION (TIF) DISCHARGE INSTRUCTIONS

Diet: (see attached food guide)

- Liquid diet for **7 days** after the surgery. Ensure, Carnation Instant Breakfast, soup or any other liquid is fine. Yogurt, pudding or ice cream is acceptable in 4-5 days post –op as long as they “melt in your mouth”
- **Avoid Solid food** for one week after the surgery. It may get stuck as it passes through the valve and have to be removed at the hospital. Eat 4 to 5 small meals consisting of soft foods throughout the day. Take small bites and chew your food thoroughly.
- **Avoid** foods or drinks that are gas-forming or in the past caused reflux. **Do not drink carbonated beverages or alcohol.**
- **Avoid** spicy food. Avoid foods and drinks that are very hot or very cold.
- **Avoid** foods with course texture, nuts raw fruits, and raw vegetables
- **Do not** eat for at least 2 hours before bedtime. Remain in an upright position for 1 hour after eating.
- **Do not smoke.**
- **Take anti-gas medication as directed by your physician (Gas-X 2 tablets 20 minutes before each meal)**
- **DO NOT BELCH OR BURP AFTER SURGERY FOR AT LEAST 1 WEEK.**

Activities:

- May shower the day of operation. Walking is permitted and encouraged.
- **AVOID** sports and other intense exercises for the first 6 weeks. At that time, consult your with your doctor to determine if you are ready to resume your normal exercise routine.
- **DO NOT** drive for 48 hours after the operation and while you are taking pain medicine
- **MUST AVOID** lifting greater than **5 lbs** for the first 2 weeks. During weeks 3-6, you may lift items up to 25 lbs.
- **MUST AVOID** any activities where you could be hit in the abdomen for three weeks
- Sex may be resumed after 7 days.
- **Try not to** vomit, cough, retch or strain, keep your stool soft, take Miralax 17 gm with a 8 oz glass of water 1 hour before bed time as directed by your physician.

Medication:

- Medication changes: _____ () **Lortab Elixir**, () **Zofran**, () **Prevacid**, () **Viscous lidocaine**, _____
- Pain medication should be in liquid form. To avoid nausea and constipation with some pain medicines, you are encouraged to take Tylenol, Aleve or Advil for mild pain as directed by your physician.

Follow-up: call for an appointment to see Dr. Gilbert Simoni in 4 weeks after surgery. Appointment date: _____

Please call Dr. Gilbert Simoni, in the event that you experience any of the following within 12 weeks after your procedure. If you are unable to reach your physician, call 911 or go to the nearest emergency department.

- Any nausea or vomiting
- Difficulty or pain while swallowing
- Fever greater than 101F
- Sore throat lasting more than seven days after the procedure
- Increased abdominal pain
- Chest pain
- Shoulder pain lasting more than 3-7 days

I understand and hereby acknowledge receipt of these instructions:

Patient Signature or Responsible Party: _____

Witness: _____ **Date:** _____ **Time:** _____ **Discharged in Care of:** _____

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Patient Name: _____