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Post Operative Nissen/Toupet Fundoplication Surgery Instructions

Day of surgery:

- A prescription for pain and nausea medications will be given the day of your surgery
- Do not take any Tylenol with your prescribed pain medication
- After several days you may alternate your prescribed pain medication with ibuprofen (Advil) unless instructed differently at time of discharge.

After surgery:

- Incisions are closed with dermabond (a type of glue). This will typically come off in 7-10 days
- You may shower the day after your surgery. No soaking in tubs. Also no swimming.
- Stay on a clear liquid diet for 2 days after surgery. You may have full liquids after that. Follow the diet sheet given.
- No driving for one week after surgery
- No lifting over 10 pounds for 4 weeks after surgery
- Call the office and schedule an appointment approximately 2 weeks after your surgery

If you experience any of the following symptoms, call the office as soon as possible.

- Fever over 101° Fahrenheit
- Worsening pain that is unrelieved by pain medication
- Nausea or vomiting that persists
- Difficulty swallowing or food sticking.
- Worsening incision redness or drainage from the incisions



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Fundoplication Post Operative Diet Instructions

Immediately after surgery:

Stay on a CLEAR LIQUID diet for 2 days after surgery.

You will most likely go home on this diet for 24 hours.

Do NOT drink any carbonated beverage.

The diet includes but not limited to the following:

Water	Popsicles(not ice cream)
Tea	Black Coffee
Grape/Cranberry/Apple Juice	Jello
Vegetable/chicken/beef Clear Broth	Sports Drinks (such as Gatorade or Powerade)

*You may have any clear liquid non carbonated beverage that has no pulp or floating substance in the liquid. It may have color. You may use sugar or other sweetener or be salty.

On the 3rd post operative day or as instructed by Dr. Shabout

You may start the FULL LIQUID diet.

Full liquids include but not limited to the following:

Milk	Yogurt (with no fruit)
Shakes	Protein Shakes (Ensure or Boost)
Pudding	Sorbet
Cream of wheat or Oatmeal	Cream of Soup
Finely Pureed Soups	Vegetable Juice

*You may have any full liquid that has no pulp or chunks. Avoid use of straws. You may also consume anything from the clear liquid diet at any time.