

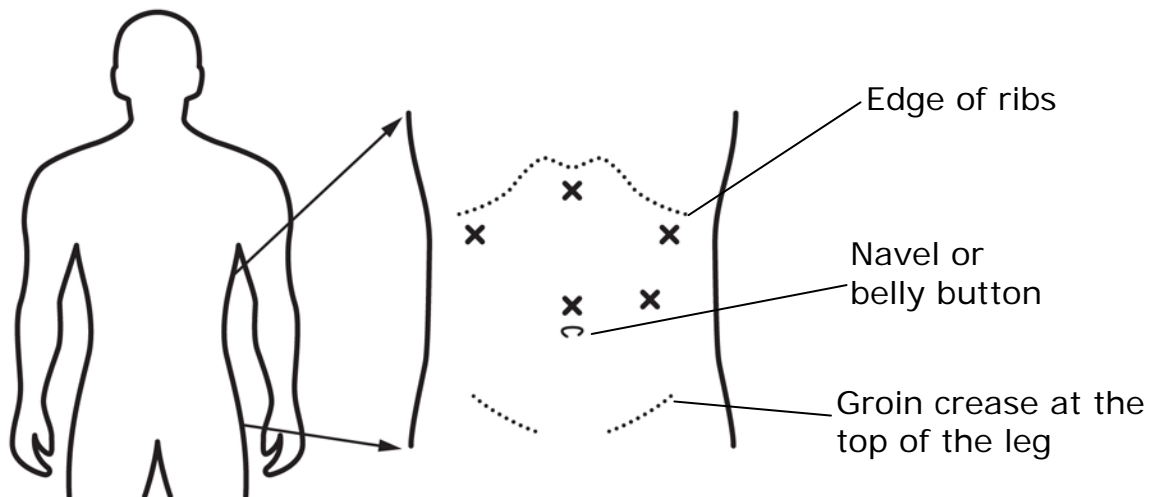
Laparoscopic Fundoplication

What is a laparoscopic fundoplication?

A fundoplication is surgery to correct an abnormal flow of acid, called reflux, from the stomach up into the esophagus. The surgery tightens the area where the esophagus and stomach join.

Laparoscopic means the surgery is done through small incisions and uses a small telescope. There are 5 incisions, each 5 to 10 mm long.

This picture shows where the incisions are usually made.



A small lighted telescope and 4 instruments are put into our abdomen through the incisions. The telescope also has a camera, which sends a picture to a screen. The surgeon watches this screen as he or she does the operation.

For a small number of people, the fundoplication cannot be done this way. For safety reasons, the surgeon may decide during the operation to change to an open procedure. An open procedure is a fundoplication done through a standard incision.

Before your surgery

Your button needs to be cleaned before your surgery. Please wash it with soap and warm water the night before your surgery. It is very important to clean the **inside** of your button very well.

Where will I go after my surgery?

You will go to the recovery room which is called the PACU or Post Anesthetic Care Unit. You will stay there until you are fully awake. Then you will go back to Same Day Surgery or the ward.

How long will I be in the hospital?

You will come to the hospital the day of your surgery. Most people go home on the day after surgery. You and your doctor will decide when you can go home.

If your surgery is changed to an open procedure, your hospital stay will be 5 to 7 days.

Before you leave the hospital, you need to arrange for someone to drive you home.

How will I feel after surgery?

You may have some pain from your incisions. Ask your nurse for pain medication when you have pain. The nurse will let you know how often you can have medication.

Other ways to relieve pain are walking, relaxing with music, deep breathing or imagery.

Let your nurse know if your pain does not get better.

If you feel sick or nauseated, tell your nurse. Your nurse can give you medication to relieve nausea.

Why do I have an intravenous?

Your intravenous, which is called an IV, is used to give you fluids until you are drinking well. Medication may also be given through the IV.

What can I eat?

You cannot eat or drink until the day after your surgery. Sometimes, the surgeon will allow you to have ice chips. Your nurse will let you know when it is safe to drink fluids.

At home you will gradually progress your diet from fluids to soft, moist foods. The dietitian will talk to you about this before you are discharged from the hospital. Once the surgeon has seen you back in the clinic, you can slowly progress to your regular diet. Most people are back to their usual diet about 8 weeks after the surgery.

How do I care for my incisions?

Look at your incisions each day. Each incision should be a clean, dry, closed line. Your incisions may be covered with tape. Keep the tape clean and dry.

You can shower with warm water 2 days after surgery. Pat the incisions dry. You can have a tub bath after your incisions are healed.

Tell your nurse if you notice any oozing from an incision or if the tape falls off. If you are at home when the tape falls off, you may leave it off. The tape can be taken off after 3 to 7 days.

When you leave the hospital

You will be given a prescription for medication to relieve pain and nausea, and for the prevention of reflux.

What activity can I do?

Exercise

The first time you get up, ask your nurse to help you. As you feel stronger, you will be able to take longer walks. Moving and walking will help you recover.

Gradually resume your normal activities. Do not do any strenuous exercises or lift heavy objects until your doctor says you can. Grocery bags, a suitcase or a vacuum cleaner are examples of heavy objects you should not lift.

Deep breathing and coughing

Do your deep breathing and coughing exercises every hour while you are awake. Your nurse can show you how to do these exercises.

Returning to work

Ask your doctor when you can expect to return to work. When you go back to work will depend on the type of work you do.

When will I see the surgeon again?

You will need to make an appointment with the surgeon 2 to 4 weeks after your surgery. You may make this appointment before you leave the hospital.

Call your surgeon if you notice:

- any incision is red, swollen, painful, bleeding or draining
- you have a fever
- you have persistent vomiting
- difficulty swallowing