

Hiatal Hernia – Post-Op Diet

If you develop uncontrolled vomiting or coughing that you cannot control, please let us know. In rare cases, the repair can be torn apart before it is able to properly heal if these symptoms are not controlled. No heavy lifting for 6 weeks while your hernia repair heals for similar reasons.

Nissen / Toupet Fundoplication

Immediately following your operation, you will not be able to swallow normal food due to swelling. In order to still get the nutrition that you will need, we ask that you please limit your diet to FULL LIQUIDS for the first 7 days and to SOFT FOOD for the second 7 days.

Full Liquids includes most things that can be poured or anything that can get through a strainer (although straining is not usually necessary). Examples would include: apple sauce, cream of wheat, puddings, cream soups, nutritional shakes like Ensure or Boost, protein shakes like Muscle Milk or Core Power, smoothies or anything blended. Getting enough protein is important. Women should try to get 60 to 80 grams (Men 80 to 100 grams) of protein each day.

Soft Foods include things that are easily chewed. Examples might include: scrambled eggs, canned fruit and vegetables, canned meats (tuna, salmon, chicken, roast beef, BBQ pork, etc.), some casserole & pasta dishes, ground beef, baked fish, etc.

Breads and rice are often difficult to swallow early on as they often glob-up into a hard ball when chewed and should be avoided for the 1st month. Tough meats such as beef, pork, and chicken breast are usually difficult to chew sufficiently small enough to swallow early on and should be avoided for the 1st month.

Carbonation and straws bring way more gas into your stomach than you can generally expel early on and should be avoided for the 1st month for your comfort. Also, Simethicone (aka Gas-X) 80mg with meals and at bedtime (4x/day) for the first month or so will help you feel less bloaty and more comfortable.

LINX

Solid food is better tolerated immediately following a hiatal hernia repair with placement of a LINX than with a fundoplication. Plan to eat a pretty normal diet with the following exceptions: Tough meats such as beef, pork, and chicken breast are usually difficult to chew sufficiently small enough to swallow early on and should be avoided for the 1st month. Breads and rice are also often difficult to swallow early on as they often glob-up into a hard ball when chewed and should be avoided for the 1st month.

The LINX needs to open periodically while your body is healing to maintain its mobility. Every 2~3 hours, while awake, you should chew and swallow something solid like a Fig Newton for the first 6 weeks after surgery (choose something similar if you don't like Fig Newtons).

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