POST-OP NISSEN FUNDOPLICATION

(See specific full liquid and esophageal soft diet guidelines)

General guidelines:
- Following a special diet after surgery is necessary for healing
- You may encounter “good days” and “bad days.” Often foods that go down easily one day may give you problems the next. Realize this is part of the healing process
- Your diet will progress slowly from liquids to soft foods
- Eating six to eight small, frequent meals per day is recommended to ensure adequate nutrition intake and prevent overeating at one meal (distention)
- Crush all home medications until your diet has returned to 100% regular consistency

Tips for tolerating your diet:
- Warm fluids prior to eating may help to lubricate/relax your throat
- Introduce foods one at a time to determine tolerance
- Assess if milky foods coat your throat too much
- Toasted and overcooked grains may be better tolerated as they will disintegrate instead of swell
- Make meats tender by slow cooking, chewing, adding tenderizer spice or over the counter papain (papaya), bromelain (pineapple) or ficain (figs) meat protein enzymes
- Sit upright while eating and drinking
- Remain upright 20 minutes after eating and drinking
- Sip fluids slowly, avoid straws and carbonation and do not chew gum to prevent air/gas intake
- When diet has progressed to solids, chew well (20-30 chews per bite) and eat slowly (30 minutes per meal)
- Stay hydrated. Dark urine, chapped lips and white tongue are symptoms of dehydration

Dietary advancement:

Stage 1 – Clear liquid diet
This diet begins while you are in the hospital. Room temperature and warm liquids may be best tolerated.

Food Allowed:
- Water
- Fruit Juices
- Broth
- Jell-o
- Decaf tea/coffee (without milk)
- Italian ice/popsicles
Stage 2 – Full Liquids
After you are discharged home and tolerating clear liquids, you may advance to thick liquids. Many patients remain on thick liquids for about 1 week before advancing.

Food allowed:
- Anything from previous stage
- Milk
- Thinned hot cereals (cream of wheat)
- Strained/blended cream soups
- Ice cream/sherbet/custard/pudding
- Yogurt (without fruit seeds)
- Milkshakes/frappe
- Fruit and vegetable juices
- Protein drink/supplement: Boost, Ensure, Carnation Instant Breakfast, Special K, Slimfast- these can help add more protein/calories to prevent fatigue, weight loss and muscle loss with restricted diet

Stage 3 – Soft/Blended Diet
Once you can tolerate thick liquids, start adding soft/blended foods into your diet. Chew and blend foods well. Add one new thing at a time to assess tolerance.

Foods to add into diet:
- Anything from previous stages
- Moist fish
- Blended chicken or ham
- Tofu
- Eggs
- Meats mixed with mayonnaise, mustard or salad dressings
- Dairy including cottage cheese and soft cheese
- Legumes including beans, lentils, hummus, bean soup, peas-mashed easily with a fork
- Pureed squash, potatoes, carrots, cauliflower, green beans
- Applesauce and mashed bananas
- Crispy foods including seedless crackers, toasted breads/bread products, overcooked pasta/rice

Stage 4 – Soft Diet
The final stage advances to foods that are soft in consistency and easily digested. Many patients start a soft diet at the time they return to clinic for their follow up appointment.

Food Allowed:
- Anything from previous stages
- Thinly shaved deli meats
- Well chewed meat and moist poultry
- Shrimp, crab, imitation products
- Soft cooked vegetables
- Seedless, skinless/peeled fruits

Avoid dry, baked chicken, tough steak, nuts, seeds, popcorn, raw fruits and raw vegetables for 1-2 weeks until tolerance improves