

ROBOTIC HIATAL HERNIA REPAIR/FUNDOPLICATION INSTRUCTIONS

A hiatal hernia is a defect in the diaphragm that allows the stomach or other organs to slide into the chest resulting in reflux, chest/abdominal pain, trouble swallowing, shortness of breath, and chronic cough.

Preparing for surgery:

- Shower and shampoo your hair before surgery
- If you smoke, quit or cut down at least 4 weeks before the procedure
- Make arrangements for another adult to drive you to the hospital
- Do not eat or drink anything after midnight the night before your surgery. This includes water, gum, or mints. You can brush your teeth. If you have been told to take any medications, you may take them with a small sip of water
- The night before surgery consume only liquids to ensure your stomach is empty for surgery
- Familiarize yourself with the Diet after surgery and prepare groceries ahead of time

Day of surgery:

- Wear loose-fitting clothes that are easy to remove. You will change into a hospital gown.
- Do not use any makeup, hairspray, or perfume.
- Remove all jewelry or body piercings. Leave any valuables at home.
- You will be asked to remove contact lenses, hearing aids or dentures.
- The preoperative nurse will insert an IV line for fluids and medications

The procedure:

- General anesthetic and sedation are given. This will help you relax and sleep during the procedure. It will prevent you from feeling pain during the operation.
- The procedure will be robotic or minimally invasive with small incisions. This will allow to instill CO2 inside your abdomen. The surgeon will make 5 small incisions in your abdomen.
- The procedure takes 1-2 hrs, but it may take longer based on your anatomy or disease process
- After the hernia is fixed, the surgeon will determine if a fundoplication is required. A fundoplication is when the stomach is wrapped around the esophagus to recreate a natural barrier to prevent reflux.
- Your surgeon will perform an endoscopy at the end of the procedure

Hospital Stay

- After The procedure, you will be admitted to the hospital for recovery and monitoring
- You will spend the night in the hospital and go home the next day. Walking is encouraged
- A multimodal pain regimen will be instituted for pain control and home medications re-started
- You will be started on Clear liquid diet after the surgery, some swallowing difficulty can be expected for the first several weeks
- Your surgeon will visit you every day and make adjustments to your management, questions are always encouraged

After discharge from the Hospital:

- Do not drive or use heavy machines if taking narcotics. Do not drink alcohol.
- Avoid heavy lifting more than 15-20lbs, straining, or strenuous activities for 3-4 weeks. You are encouraged to walk
- Continue your Reflux medication through the perioperative period
- Call the office for a post-operative appointment

Diet

- Day 0, Day of Surgery, **Clear liquid Diet (CLD)** includes Water, juice, chicken broth, Jello, Tea, coffee, and popsicles. Avoid carbonated beverages.
- Day 1, **Full Liquid Diet (FLD)** includes CLD + milk, cream of wheat, creamed soup, yogurt, Smoothies, Nutritional Drinks (Boost, Ensure), ice cream

- Day 2, **Soft Liquid Diet** includes FLD + pancakes, cereals, oatmeal, mashed potatoes, white rice, spaghetti, Mac&cheese, scrambled eggs, canned tuna, cottage and ricotta cheese, cream cheese, marshmallow, pudding, plain cake. Follow the detailed pamphlet provided in clinic.

Keeping Your Stomach from Stretching

- Eat small, frequent meals (6 to 8 per day). This helps consume the majority of the nutrients you need without causing your stomach to feel full or distended.
- Large amounts of fluids with meals can stretch your stomach. You may drink fluids between meals, but limit to 1/2 cup (4 oz) with meals and one cup (8 oz) with snacks.
- Sit upright while eating and stay upright for 30 mi after each meal. Gravity Helps! Do not lie down after meals. Sit upright for 2 hr after your last meal or snack of the day.
- Eat very slowly. Chew food well. Take small bites. Chop meats into small pieces
- Avoid crusty breads, crackers, and sticky, gummy foods
- Cold drinks, ice cream and popsicles can cause contraction of the esophagus and subsequent food harder to swallow. Try to limit these for after meals or snacks.

Your wound Dressings:

- You may have a clear dressing applied. You may shower with this on. You can remove the clear dressing after 7 days.
- You can shower using soap and water. Pat the area dry and do not apply any type of ointment. You do not need to apply another outer dressing unless you have some drainage from the incision

Medication / Pain Relief:

- You will be given a prescription for narcotic pain medication. You should take them with food to avoid an upset stomach. Constipation is also common. You do not have to take these medications.
- For milder pain you can use Extra Strength Tylenol. In addition, use an ice pack on the incision during the first 24 hours following surgery; or a heating pad after that. Do not fall asleep with a heating pad as it can cause burns.
- My preferred regimen for pain management includes Tylenol 500mg every 4 hours, Ibuprofen 600mg every 6 hours (with food) and narcotics for breakthrough and severe pain.
- If you feel constipated, drink plenty of fluids, try pineapple juice or prune juice, and you may take Miralax, Docusate, or Milk of Magnesia or another laxative that has worked in the past.

When to call your doctor:

- Fever over 101 degrees
- Unusual drainage from the incision, such as white or green fluid. Some yellowish (serous) and red (bloody) drainage would be expected
- Red, hard, hot, or painful area around the incision
- Severe pain unrelieved by pain medications
- Persistent nausea, vomiting, and inability to hold food down lasting longer than 24 hours
- Severe Chest pain or persistent difficulty swallowing

Contact information

- Call Intercoastal Medical Group (IMG)
- Lakewood office 941-362-8662, The answering service will be available after 5pm, and you will be able to reach the "on call" physician
- Cattleman office 941-341-0042, from 12-1 pm the answering service will be on
- You can reach Dr. Hernandez through the portal for non-urgent problems or questions