

# Recovery Guide

Hiatus Hernia Repair & Anti-Reflux (Fundoplication) Surgery



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## WHAT WAS DONE

You have had a **laparoscopic (keyhole) hiatus hernia repair and/or anti-reflux surgery**. Using 3–5 small incisions, Dr. Irshad repaired the opening in your diaphragm and wrapped part of your stomach around the lower esophagus to create a new valve that prevents acid reflux. Most patients go home the same day or after one overnight stay.

### BEFORE YOU LEAVE HOSPITAL

- Pain is controlled with oral medication
- You can tolerate liquids or soft foods
- You have passed urine
- You have received your discharge prescription
- Your follow-up appointment has been booked (4–6 weeks)

### DIET PROGRESSION

**Week 1–2:** Pureed and soft foods only (yoghurt, scrambled eggs, mashed potatoes, soups). No bread, meat, or hard vegetables.

**Week 3–4:** Gradually introduce soft solids. Chew thoroughly. Eat small, frequent meals.

**Week 6+:** Return to normal diet at your own pace.

**Always:** Sit upright for 30 min after eating. Avoid carbonated drinks for 6 weeks.

## RECOVERY TIMELINE

<b>Day 1–3</b>	<ul style="list-style-type: none"> <li>• Mild shoulder or throat discomfort — normal, caused by the gas used during surgery</li> <li>• Take prescribed pain medication as directed; rest at home</li> <li>• Light walking encouraged; avoid any heavy lifting or bending</li> </ul>
<b>Week 1–2</b>	<ul style="list-style-type: none"> <li>• Soft diet only — see diet guide above</li> <li>• Shower after 48 hours; keep incision sites dry for the first week</li> <li>• Fatigue is normal; rest when needed</li> <li>• No driving while taking narcotic pain medication</li> </ul>
<b>Week 3–4</b>	<ul style="list-style-type: none"> <li>• Most patients return to desk work and light activity</li> <li>• Gradually reintroduce normal foods as tolerated</li> <li>• Some bloating and difficulty belching is normal and settles over weeks</li> </ul>
<b>Week 6</b>	<ul style="list-style-type: none"> <li>• Follow-up appointment with Dr. Irshad</li> <li>• Full return to all activities including exercise</li> <li>• If needed, endoscopy can be arranged to confirm healing</li> </ul>

### What is Normal After This Operation

**Difficulty swallowing** (dysphagia) for 4–8 weeks — the wrap causes temporary swelling. This improves.

**Bloating and gas** — the new valve makes it harder to burp. Avoid carbonated drinks.

**Shoulder pain** — caused by residual gas from surgery. Walking helps.

**Fatigue** — normal for 2–3 weeks. Your body is healing.

**Mild heartburn** may persist initially; continue prescribed acid medication.

### ■ WHEN TO SEEK URGENT CARE

Go to the Emergency Department or call 911 if you experience:

- **Severe or worsening abdominal/chest pain not relieved by medication**
- **Persistent vomiting or inability to swallow liquids**
- **Fever above 38.5°C (101.3°F)**
- **Redness, swelling, or discharge from incision sites**
- **Shortness of breath or difficulty breathing**
- **Signs of blood clot: calf pain, leg swelling, or sudden chest pain**

For non-urgent concerns, call the clinic: (905) 458-4520

PHONE

**(905) 458-4520**

FAX

**(905) 458-4080**

This guide is for informational purposes only and does not replace the advice of your surgical team. If you have questions, please call the clinic before going to the Emergency Department.