



Surgical Consultants of Dallas, L.L.C

The name of your operation is robotic hiatal hernia repair with Toupet fundoplication, which means that the hernia in your hiatus was repair and a partial stomach wrap was created to reinforce the repair. The operation went well.

Follow-up Contacts

If you have questions about your condition, please call (972) 566-7860 to contact SURGICAL CONSULTANTS OF DALLAS. This number will be answered by our office during business hours and connect with an answering service at night and on weekends.

Specifically, call for any of the following:

- Your abdominal pain becomes much worse than when you left the hospital
- The area around your incisions becomes very red, increasingly tender, or begins to drain pus (Small amounts of blood-tinged fluid and mild redness are common and are no cause for concern.)
- Your temperature goes above 38.5° C
- Persistent vomiting, diarrhea, or constipation develop or you have trouble swallowing
- You feel as if you are getting sick instead of well
- If you are considering contacting your other doctors or going to an emergency room for something related to the operation, please first call SURGICAL CONSULTANTS OF DALLAS (972) 566-7860. You will reach the office during business hours or be automatically forwarded to the on-call doctor if it is after hours.

Please phone (972) 566-7860 and make a follow-up appointment with Dr. Madni for 10-14 days following surgery. If no one answers, leave a message and your call will be returned within one business day.

Diet: You should remain on aa full liquid diet for 2 weeks, at which point you will be seen in clinic by Dr. Madni. If everything is going well at that time, you will be advanced to a mechanical soft diet for 2 weeks, after which you will be able to eat regular foods.

Pain Control and Other Medications:

You were given a script for **Norco (pain medication)**. Take one tablet every 6 hours as needed for pain. Do not drive or operate heavy machinery after taking this medication. This can induce constipation, so take a stool softener (**Colace 200 mg twice daily**) to avoid constipation. If you need to, you can also take Miralax.

You should also take Carafate 10 mL four times daily for six weeks following your surgery. Take this on an empty stomach. You may resume any medications you may



have been taking for conditions unrelated to your gallbladder disease.

Wound Care:

Your incision is closed with absorbable sutures and surgical glue. You may take showers and allow soap and water to wash over incision. The glue will peel off in 10-14 days. Do not submerge your incision in water (no swimming or bathing) for one month following surgery.

Activity:

It is common in the first few days at home to feel a little more tired than expected. This comes from the increased activity involved in moving around home. It is not a problem, and is no reason to limit your activity. Just compensate by getting extra rest.

- Do not lift anything heavier than 15 pounds for two weeks following surgery.
- You may perform normal daily activities as you feel up to it. This includes walking up and down stairs, walking outside, traveling as a passenger in a car or a plane, etc.
- Do not drive while taking narcotic pain medications.