

## Post-Fundoplication Behavior Recommendations

Congratulations! You have successfully undergone the surgery! Now it's up to you to ensure the good result is maintained in the long term. The reconstruction can withstand a certain amount of stress, but it is fragile during the first few weeks as part of the healing process. The healing phase lasts about 6 weeks, and full firmness is reached after 3 months. During this time, you should ensure that the pressure in your abdomen remains as low as possible and that you protect your diaphragm. Please follow these guidelines:

- Avoid lifting and carrying weights over 4 kg.
- If possible, avoid coughing, sneezing, gagging, or vomiting.
- Make every effort to avoid situations where the above-mentioned strains might occur. This means minimal contact with sick people, taking anti-allergy medication if needed, chewing your food well, and eating slowly to prevent food from becoming stuck in the esophagus.
- Ensure that you can pass stool easily to prevent unnecessary pressure buildup in the abdomen and help food move through the stomach more quickly.
- Be mindful to exhale before swallowing to minimize air intake, which helps reduce bloating, early fullness, and significantly improves your well-being.

Pay attention to the preparation of the food you eat, ensuring it is soft, easy to chew, and served with liquids or sauces. Avoid dry foods, hard-to-chew foods, and foods that you might have trouble tolerating. Steer clear of fibrous meats, oranges, and other similarly fibrous foods like asparagus, as well as carbonated drinks. Essentially, you can eat almost anything as long as you chew well until a puree-like consistency is formed in your mouth. You don't need to eat mushy food; just chew thoroughly. The food you swallow should be a puree-like! Drink plenty of fluids (more than 2 liters of water/day).

Due to slower eating speeds and the initial swallowing of air, you will feel full much sooner. In the beginning, you may be able to consume about a third, or possibly even just a quarter, of your usual meal size. To prevent losing too much body weight or valuable muscle mass that you've worked hard to build, make sure that you consume the same total calorie amount within 24 hours as before the surgery. This will help keep your body weight stable. The trick to achieving this is eating 5-10 small meals a day, rather than just the usual 1-3 meals.

Please change your dressings before showering to waterproof shower dressings, and then replace them with regular dressings afterward. Continue this procedure for 6 days after surgery. After that, you won't need to put regular dressings on the wounds covered with brown "steristrips" anymore. Just use shower dressings while showering and remove them afterward. 10-12 days after surgery, you won't need any dressings at all, not even while showering. The steristrips will fall off over time.

During the follow-up appointment at my office, we will review everything again, fine-tune the process, and remove the stitches. If you have any questions, you can call me anytime at (0676 4020122).

Wishing you all the best! You're doing a fantastic job!

Kind regards, Thomas Winkler M.D.

Internistische Gruppenpraxis Co-Ordination, Langegasse 67, 1080 Wien

Praxis am Stubenring, Rosenbursenstrasse 8/3/7, 1010 Wien, Tel +43-676-4020122,

e-mail: [office@dr-thomas-winkler.at](mailto:office@dr-thomas-winkler.at), web: [www.dr-thomas-winkler.at](http://www.dr-thomas-winkler.at), [www.praxis-am-stubenring.at](http://www.praxis-am-stubenring.at)

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