



***EliteCare* Post Nissen Fundoplication Dietary Instructions and Guidelines**

A **Post-Nissen Fundoplication 8-Week Diet Plan** is designed to help patients recover after undergoing the Nissen fundoplication procedure, which is commonly done to treat severe acid reflux (GERD). The goal of the diet during the recovery phase is to ease digestion, reduce inflammation, and minimize the risk of complications. The plan gradually introduces different food textures and types as the body heals.

Here's a general 8-week diet plan, with specific focus on the gradual introduction of food:

Week 1: Clear Liquids and Broths

The first week focuses on clear liquids and broths to give your stomach time to heal and reduce stress on the surgical site.

- **Foods/Drinks Allowed:**
 - Clear broths (chicken, beef, or vegetable)
 - Clear fruit juices (no citrus or acidic juices)
 - Water
 - Sugar-free gelatin
 - Herbal teas (non-caffeinated)
 - Clear, decaffeinated liquids (e.g., sports drinks, electrolyte solutions)
- **Guidelines:**
 - Drink small sips frequently to avoid overfilling the stomach.
 - Avoid carbonated drinks, acidic juices, and milk.

Week 2: Full Liquids

Gradually move to full liquids, which include thicker liquids that are easier on the stomach.

- **Foods/Drinks Allowed:**
 - Soups without chunks (blended or strained)
 - Smooth, unsweetened yogurt
 - Pudding (smooth, no chunks)
 - Milkshakes (without fruit chunks)
 - Smooth, non-acidic fruit juices (e.g., apple juice)



- Protein drinks or shakes (if tolerated)
- Creamy oatmeal or cream of wheat (smooth texture)
- **Guidelines:**
 - Continue with small sips frequently.
 - Avoid anything with chunks or seeds.
 - Stick to bland, non-spicy, non-acidic flavors.

Week 3: Soft Foods

At this stage, you can start incorporating soft foods that are easy to chew and swallow.

- **Foods/Drinks Allowed:**
 - Soft scrambled eggs or omelets
 - Mashed potatoes (smooth, no lumps)
 - Cooked, pureed vegetables (e.g., carrots, squash)
 - Smooth cottage cheese
 - Soft tofu
 - Smooth, well-cooked pasta (small bites)
 - Non-acidic, canned fruits (e.g., peaches, pears, applesauce)
 - Applesauce or ripe bananas (peeled)
- **Guidelines:**
 - Continue chewing food thoroughly before swallowing.
 - Avoid any foods that might be hard to digest, such as tough meats or fibrous vegetables.
 - Focus on soft, moist textures to ease swallowing.

Week 4: Soft, Ground, or Minced Foods

Continue progressing with foods that are more substantial but still easy on the digestive system.

- **Foods/Drinks Allowed:**
 - Ground meats (e.g., turkey, chicken, lean beef)
 - Soft, cooked vegetables (e.g., zucchini, sweet potatoes)
 - Well-cooked rice or pasta (avoid al dente texture)
 - Soft, moist meatloaf or casseroles
 - Scrambled eggs or soft omelets with cheese
 - Non-fat or low-fat pudding, custard, and yogurt
 - Smooth soups with soft vegetables (without chunks)
- **Guidelines:**



- Slowly increase the variety and texture of foods but avoid anything crunchy, tough, or chewy.
- Continue avoiding foods that could cause discomfort, such as citrus or spicy foods.

Week 5: Gradual Introduction of Regular Foods

By this time, your stomach may be more accustomed to solids. Start adding a wider variety of foods, but continue to be cautious.

- **Foods/Drinks Allowed:**
 - Soft cooked meats (e.g., chicken, turkey, fish)
 - Cooked vegetables (e.g., carrots, peas, squash, green beans)
 - Soft bread, toast (without seeds or nuts)
 - Soft fruits like peeled apples, pears, or bananas
 - Small amounts of pasta, rice, and noodles
 - Cottage cheese or soft cheeses (e.g., ricotta, mozzarella)
- **Guidelines:**
 - Continue eating small meals throughout the day to prevent overfilling the stomach.
 - Avoid tough, fatty, or fried foods.
 - Begin reintroducing regular meals, but proceed cautiously.

Week 6: Normal Diet with Caution

At this stage, you may begin eating a more normal diet but must still be mindful of your body's response.

- **Foods/Drinks Allowed:**
 - Lean meats (e.g., chicken, turkey, fish)
 - Non-acidic fruits (e.g., apples, berries, melons)
 - Cooked grains (e.g., oatmeal, quinoa, couscous)
 - Well-cooked vegetables (e.g., carrots, spinach, squash)
 - Dairy products (e.g., milk, low-fat yogurt, cheese)
 - Smooth nut butters (in moderation)
- **Guidelines:**
 - Avoid spicy, fried, and high-fat foods.
 - Continue to chew food thoroughly.
 - Avoid foods that could cause gas or bloating, such as beans and certain vegetables (e.g., cabbage, onions).



- Drink plenty of water throughout the day.

Week 7-8: Normal Diet (with Modifications)

By weeks 7 and 8, your diet may closely resemble a normal one, but you should still avoid certain foods that could irritate your stomach.

- **Foods/Drinks Allowed:**
 - Lean proteins (e.g., fish, chicken, turkey)
 - Whole grains (e.g., whole wheat bread, brown rice)
 - Soft fruits and vegetables
 - Low-fat dairy
 - Healthy fats (e.g., olive oil, avocado)
 - Soft, unseasoned soups
 - Cooked, non-crunchy vegetables
 - Eggs, tofu, or other plant-based proteins
- **Guidelines:**
 - Continue avoiding tough meats, hard or crunchy snacks, and any foods with seeds or skins that could irritate the stomach.
 - Avoid heavy, fatty, or spicy foods.
 - Reintroduce fiber gradually, as it may be harder to digest initially.
 - Monitor for signs of discomfort and adjust your diet accordingly.

General Dietary Tips for Post-Nissen Fundoplication:

- **Eat Small, Frequent Meals:** To avoid overwhelming your stomach, eat small meals throughout the day.
- **Chew Thoroughly:** Properly chew your food to make digestion easier and prevent any risk of choking or discomfort.
- **Stay Hydrated:** Drink plenty of fluids between meals (not with meals), but avoid carbonated, caffeinated, or acidic beverages.
- **Avoid Trigger Foods:** Stay away from foods that are likely to cause reflux or irritation, such as spicy, fatty, or fried foods, citrus, tomato-based foods, and chocolate.
- **Gradual Progression:** Introduce new foods gradually, and pay attention to how your body reacts to each type.

Additional Notes:

- **Consult your doctor or dietitian** for specific recommendations tailored to your needs.



- If you experience persistent discomfort, bloating, or reflux symptoms, revisit the early phases of the diet and avoid trigger foods.
- Follow your doctor's advice regarding any additional supplements (e.g., vitamin B12, iron, calcium) that may be needed as you adjust your diet.

The goal is to slowly return to a normal diet, ensuring healing and comfort along the way.