

**SURGICAL ASSOCIATES, PC**  
**GENERAL, THORACIC AND LAPAROSCOPIC SURGERY**  
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**AFTER CARE**  
**REFLUX DISEASE SURGERY**

- I. Leave outer dressing in place for 48 hours, leave steri-strips for 7-10 days or until they start to pull off
- II. Showers can be taken after 48 hours, (NO BATH, POOL OR HOT TUB), simply wash with water and pat dry. There is no reason to wash with any cleansing solution.
- III. **COMMON FINDINGS INCLUDE:**  
Minor swelling, bruising, and redness around incision.  
It is common to feel pain under your collar bone or in your shoulders caused by the gas during surgery.
- IV. **CALL YOUR SURGEON FOR THE FOLLOWING:**
  - (1) Increasing redness or streaking around incision
  - (2) Pus or foul drainage from incision
  - (3) Increasing or excessive pain in incision or upper abdomen
  - (4) Sustained fever >100 degrees
  - (5) Persistent nausea or vomiting
- V. **COMMON SIDE EFFECTS OF PAIN MEDICATIONS INCLUDE:**
  - (1) Nausea - Be sure to take medication with some food or drinks.
  - (2) Constipation – Take over the counter Milk of Magnesia if you haven't had a bowel movement for a day or two or you begin to feel constipated. Make sure and drink plenty of water.  
May also drink prune juice.
  - (3) Light-headedness
  - (4) Do not drive while taking narcotic pain medication

If these symptoms occur after taking medications, discontinue use.  
May take over the counter pain medications or laxative of choice.
- VI. **DIETARY CHANGES:**  
Drink liquids and soft foods for 1 week. No carbonated beverages, bread or red meat for a month

**NOTE:** Routine calls and prescription refills are best handled during office hours 8am-5pm Monday through Friday. For urgent problems after hours, the surgeon on call can be reached at (406) 238-6470.