



BROWN SURGICAL ASSOCIATES
BROWN PHYSICIANS, INC.

Discharge Instructions – Foregut Surgery

1. If your appointment is not yet scheduled, call the office of Dr. Pryor at 401-553-8348
2. Check temperature twice daily for the first week. Call clinic if temp is 101.5°F or higher. Use incentive spirometry 4 times daily for 10 days. Report feelings of restlessness, fatigue, abdominal pain, nausea, vomiting to your surgeon's office. **If you have calf pain and swelling, shortness of breath, difficulty breathing, and/or chest pain, visit the closest emergency room immediately.**
3. You may shower. Wash your body with soap and gently pat dry. Do not scrub incisions. Call clinic if you have redness or drainage from incision. If any significant drainage, note color, odor and amount.
4. Walk daily at least every 3 hours for the first week after surgery. Avoid heavy lifting >20 lbs. or straining for 4 weeks. When you do lift, keep your back straight and bend at the knees allowing your legs to do most of the work. Do not do any exercise until cleared by your surgeon.
5. Patients may develop nausea and vomiting in the early postoperative period 1-2 weeks after surgery. Symptoms may improve if the following medications are taken as needed. It is advisable that you complete the full dose of each medication given unless otherwise specified by your doctor. **Medications may be taken by mouth. You can obtain them from the pharmacy prior to discharge.**
 - **Levsin** - (Rx) For esophageal or gastric spasm (**Not for Cardiac and Renal pts upon discharge**)
 - **Prilosec** – (Rx) for the first 3 weeks to minimize heartburn
 - **Ondansetron** (Zofran) ODT – to prevent nausea (Rx) **not for those on SSRIs and SNRIs**
 - Tylenol 1000mg every 6 hours as needed for pain
 - Ibuprofen 600mg every 6 hours as needed for pain – take with food
 - Oxycodone 5 mg every 6 hours only as needed for severe pain
 - Colace 200mg daily as needed for constipation
 - Miralax 17 g daily as needed for constipation
6. Avoid Alcohol and smoking.
7. If you encounter a problem, you may contact your surgeon, return to the Emergency Room where you had your surgery, or have the physician where you go contact your surgeon immediately if you present for treatment. There are many physicians who are unfamiliar with foregut surgery and serious errors in treatment can occur. Feel free to contact your surgical team with any questions.
8. The post-op diet is divided into 3 categories to allow a gradual adjustment. Drink or eat slowly. Drinking or eating too fast or too much will cause nausea or vomiting.



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Post-op Foregut Diet

Phase 1

- Start with a full liquid diet, focusing on protein containing liquids. Boost, Ensure, or Unjury protein supplements are acceptable. You can also use a blender, if fluids can go through a strainer.
- Once you tolerate liquids without difficulty, you can advance to a soft diet.

Phase 2

- Soft foods should be a very soft consistency – crushable with a plastic fork.
- Chew food very well before swallowing
- Allow 20-30 minutes per meal
- Eat every 3-4 hours, have 3 small meals and 2-3 small snacks
- This diet is typically followed for at least 2 weeks after surgery or until otherwise directed by your surgeon.

Acceptable Foods	Foods to Avoid
Eggs or egg beaters	Solid/Tough meats such as chicken, steak, hamburgers, hot dogs, pork chops, meatloaf, etc
Greek yogurt	Bread, rice, pasta, macaroni and cheese
Cottage cheese	High-fat foods
Cheese stick or shredded cheese	High-sugar foods
Soft fish (salmon, white fish, tuna)	Raw vegetables
Beans, lentils, or lentil soup	Junk foods
Tuna or Egg salad	Crunchy foods (chips, popcorn, nuts, pumpkin and sunflower seeds)
Refried beans	
Protein shakes	
Loosely cooked/crumbled ground turkey, chicken or beef	
Thinned oatmeal or cream of wheat	
Over cooked, soft/mushy vegetables	
Fruits canned in natural juices	
Pureed food	
Sweet potatoes, well cooked, no skin	
Winter squash, well cooked, no skin	
Applesauce	
Tomato, Carrot Ginger or Butternut	
Squash soup	

Phase 3

- After you tolerate a soft diet without difficulty for at least a week, you may advance to a regular diet
- Remember to moisten solid foods and chew thoroughly
- If you experience trouble swallowing, return to a soft diet for several days
 - If you still experience trouble, please contact your surgeon.