

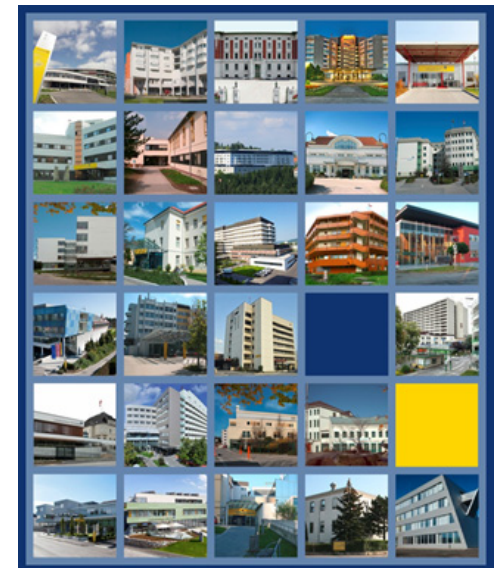
In the case of fever (temperature above 38 °C), swelling, pain or redness at the wound site, you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

Surgery

Discharge information



Behaviour after laparoscopic fundoplication

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Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Postoperative pain

Pain may occur in the area around the surgical wound, however this usually subsides within one week.

If the pain persists longer than this or reoccurs, then please contact your GP or our outpatient clinic.

Wound care

In principle, no specific scar treatment is required. However, regularly applying a skin care cream can greatly aid the healing process.

Physical activity/ability to work

We recommend resting the abdominal wall which can greatly aid wound healing (lifting max. approx. 5 kg) for two weeks after surgery. After this, a normal workload should be possible upon consultation with the doctor treating you.

Softer sports are permitted after discharge. Sports which place considerable strain on the abdominal wall should be avoided for at least two weeks after surgery.

Ability to work varies according to the individual and depends on the occupational activity. In principle, you should be able to work two weeks after surgery.

Nutrition

We recommend a bland diet (see diet sheet) for the first two weeks after surgery. Be sure to eat several small portions each day, and to chew your food well.

Personal hygiene

Showering is possible from the second day after surgery. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths should be taken at the earliest one week after the stitches are removed.

Check-ups

The check-ups which may be necessary differ from patient to patient, depending on your clinical picture and healing process. If required, you will be informed of these by the doctor treating you at discharge.