

Patient Care > Postoperative Diet Instructions after Nissen Fundoplasty

Your child has had a Nissen fundoplasty, a stomach wrapping procedure designed to stop gastroesophageal reflux disease (GERD).

The "Soft, Slick, Slimy, Slippery" Diet

This operation may make it hard for your child to swallow some solid food and to burp, at least for the several weeks immediately after the operation. To make it easier for your child, we recommend the "Soft, Slick, Slimy, Slippery" diet, consisting of liquids and easy-to-swallow foods.

Some examples include:

Water, milk, juice, smoothies,
Jello, popsicles, yogurt, pudding, ice cream, milkshakes
Soups with soft small particles (like Campbell's)
Mashed potatoes, scrambled eggs, oatmeal, Cream of Wheat

Some foods that would be poor choices might include:

Steak, Hot Dogs, Hamburgers
Pizza dough
Crackers and chips
Anything carbonated—Coke, Root Beer, etc. (remember, your child can't burp, and gas in the stomach hurts!)

Anti-reflux and Anti-gas Medications

Your child can stop taking anti-reflux medications like Reglan or Ranitidine right after the operation. Nexium (and other proton-pump inhibitors—ask your doctor) should be continued for one week at 1/2 the dose, then discontinued.

Your child may also benefit from an over the counter, anti-gas medicine containing Simethicone; take this four times a day when needed for gas pain.

Disclaimer: Your child's condition is unique. The information contained on this web site is not intended to substitute for advice from a doctor or nurse. If you are unsure about any aspect of your patient's care, please contact us at 303-839-6001, or talk to your pediatrician.

