

# **Reflux/Hiatal Hernia Post Op Diet**

## **Dr. Drew D. Howard**

It is very important after surgery to not stress the surgical site. This is done by following the proper diet as described below, not vomiting, and not lifting heavy objects. The key to the diet is the actual physical consistency of what you are eating. A basic outline of the diet is as follows:

### **Weeks 1 (high protein pure liquid diet)**

Protein is essential for every function of your body. After surgery, protein is needed for healing and infection prevention. It is necessary for you to continue on liquids after your discharge from the hospital to avoid putting stress on your staple line. During this week you can have any number of protein liquid supplements. (This can be high calorie like Boost and Ensure, or low calorie like Fusion or Bariatric Advantage supplements). In addition to these supplements, you will be allowed to have coffee, tea, broth, Gatorade, clear, and cream soups (strained), fruit juices (small amounts), sugar free drinks, popsicles, and water. You need a good fluid intake during this time, so that you do not get dehydrated. Do not use straws. No carbonated beverages.

### **Week 2 (pure liquid plus diet)**

This week you continue with the above and may add jello, yogurt, and pudding. You will come in to see Dr. Howard for your follow up visit two weeks after surgery and he will determine if you can advance to the next stage in the diet.

### **Weeks 3 (Pureed Stage)**

During the pureed stage of the plan it will be necessary for you to blenderize most of your food, or you may want to use baby food. The idea is to eat anything that is the consistency of apple sauce. Apple sauce, cream of wheat, grits, and anything you put in a blender are in this stage.

### **Week 4 (Soft Stage)**

This stage of the nutrition plan could be called the soft-semi-solid stage because you will be consuming solid foods that are well cooked. You can continue to consume soft foods you have already been eating in addition to the following foods that should be included in your meal plan at this time:

Baked fish, chicken, and turkey

Dried beans, peas, and lentils

Creamy peanut butter

Steamed or boiled vegetables

Canned fruit, packed in its own juices or soft fresh fruit

Toasted breads, baked potato (no skin), Melba toast

Remember to continue eating slowly and chewing well.

After four weeks you can start to add any additional foods you would like. Red meats, raw vegetables and white breads should be the last thing you add to your diet.

Stay on your reflux medication for 8 weeks then begin to slowly taper it off.