

Discharge Instructions
TIF Dietary Guidelines and Recommendations
Surgical Alliance – Dr. Goldberg

The TIF surgical intervention you underwent requires modifying your diet for at least six (6) weeks. It is important for you to follow the dietary recommendations below as closely as possible to promote good healing and long-term durability of your reconstructed valve.

The dietary restrictions primarily involve a change in food consistency and portion size. Indeed, the food which is initially liquid should progressively become soft and then solid. Eating small meals through the whole six (6) week process is critical for minimizing stomach distention and discomfort with eating.

WEEKS ONE & TWO

- The first two weeks you will consume **liquids**.
- Begin the **first 12 hours** with **clear liquids** frequently, but in small amounts (**1/2 cup or less**).
- **After the first 12 hours**, you may have your **full liquid/pureed diet (1/2 cup per serving)**.
- You may **gradually increase** the volume of liquids **after one week to a maximum of 1 cup per portion**.
- **Wait approximately two (2) hours between portions**, but you may drink small amounts of clear liquids as desired in between.

Recommended foods during the first two (2) weeks:

- Clear liquids, Jell-O, tea, coffee, diluted fruit juice (**NO citrus or tomato**), thin pureed and strained soups, drinkable yogurts, protein shakes such as Ensure, Glucerna, or Carnation Instant Breakfast with milk, smoothies. Anything that is pureed finely and pours cup to cup may be consumed.
- Drink small amounts frequently throughout the day. **Do NOT take large gulps.**
- Chobani drinkable yogurts come in a variety of flavors and may soothe the esophagus while providing good nutrition. They come in 7 ounce sizes (8 ounces is one cup), which will help you prevent overeating at each meal.

WEEKS THREE TO SIX

- Your diet can still include clear and full liquids, but you **may advance** your diet to a **soft diet**.
- Food should be finely cut into small pieces and be very moist.
- **Eat slowly** and continue to watch portion sizes. If you eat too much or too quickly you may still feel chest discomfort.

Recommended foods weeks three to six:

- Soft baked fish (moist & boneless), well-cooked pastas, scrambled or soft eggs, cottage cheese, fruits cooked and mashed, well-cooked canned vegetables, canned skinless fruits, finely cut or mashed bananas, thin moist oatmeal, cream of wheat, grits, soft & moist white rice, very moist mashed potatoes, finely mashed & very moist chicken or tuna salad, cereals well softened in milk.

AFTER SIX WEEKS

- After six (6) weeks, your surgical repair should have excellent strength, and you may advance to a regular diet. You may add in breads, meats cut with a knife and fork, citrus, tomatoes and alcohol (in moderation).
- You should continue to watch portion sizes and eat three (3) meals a day.
- Occasionally, patients may still experience some mild chest discomfort with swallowing some of these foods. If this occurs, back off from that particular food for one week, then try again.

Note:

- **Do not chew gum for the first four (4) weeks** as this may increase chest discomfort.
- Eating anything that requires chewing at all may result in more discomfort in your chest due to the increased peristalsis of the esophagus.
- If you notice chest discomfort with eating, slow down, and temporarily decrease your portion size and the food consistency until you feel better. This is very normal during the healing process. It is also normal to have shoulder discomfort for at least a week after surgery. This is related to the healing of the diaphragm.
- **Avoid carbonated beverages during the entire recovery period** and in the future if you are able.
- Try to **avoid straining your abdomen or distending your stomach** by drinking too much.
- Be aware that forceful vomiting could result in weakening of your repair.

WEIGHT & ACTIVITY RESTRICTIONS

- **Do NOT lift more than 20 pounds at one time for the first two weeks.**
- No heavy activity.
- Do not mow the lawn, including do not ride a riding mower for at least six (6) weeks. Jarring and bouncing of abdominal muscles could damage the diaphragm, resulting in a recurrent hiatal hernia.
- You may walk slowly up stairs.
- You are encouraged to walk several times a day to maintain strength and conditioning and prevent blood clots in your legs.
- You may return to work (**NO heavy physical work**) when you feel up to it. My criteria for your returning to work is that you are not taking any narcotic pain medication and have minimal pain, especially if you are driving. Most patients are ready in 5-7 days if you have a surgical incision. If you did not require incisions, then you may be ready sooner.

- After two (2) weeks, you may lift up to thirty (30) pounds as needed.
- After six (6) weeks, you may resume all normal activity and exercise, as tolerated.
- Ease back into any exercise routines.

MEDICATIONS

- Continue your proton pump inhibitor (Nexium, etc.) for two (2) weeks after surgery. If you were taking it twice daily, decrease to once daily after the first week.
- Because your body has been used to suppression of acid, you could initially have an increase in stomach acid reduction. Therefore, I recommend you weaning down on over-the-counter Zantac, Pepcid, or Tagamet for two (2) more weeks.
- After that, only take chewable Tums or Mylanta for any indigestion, as needed.
- One of our main goals is to get you off of these medications which block all of the hydrogen pumps in your body and may continue to early cell death responsibility for osteoporosis, dementia, chronic kidney disease, and other problems.

FOLLOW-UP

- You will be discharged home with a small amount of narcotic pain medication and sometimes something for nausea. When you finish the narcotic, you may take Tylenol or Ibuprofen in moderation, as needed. Mylanta may be used to coat and soothe the esophagus and stomach.
- You will have an appointment to see Dr. Goldberg back in approximately two (2) weeks. If you have any concerns or questions, please call the office at 615-384-8211. We will do everything possible to help you through your recovery.
- After the initial follow-up visit, we will usually plan to see you again no later than six (6) weeks after surgery. If you need us sooner, please call the office and let us know.