



MINIMALLY INVASIVE SURGERY

CARE OF THE POSTOP NISSEN & HIATAL HERNIA PATIENT

Pre-Op (day of surgery)

Cefoxitin 2g IV

Postop orders – use the Gen surg order set

In EPIC, order entry, go to “order sets”, type in “MIS” and choose Gen surg/bariatric MIS postop orders

- Check the “FYI” tab re: ability to be an inpatient or outpatient (OPEC – outpatient extended care)
- If postop is to be admitted, **basic care**, VS q4h with continuous pulse ox, no tele unless on a IV beta blocker or other IV antihypertensive
- NPO including meds
 - o D5 ½ NS 20K @ 125 cc/h
 - o Foley (DC in AM, POD #1)
 - o PCA
 - o IV Ofirmev (Tylenol) PACU
 - o Zofran PRN
 - o SCDs, Heparin 5000
 - o If diabetic: Accucheck q6 and ISS
 - o No NGT (post sign)
 - o Nutrition Consult – dietary teaching will be on blenderized diet for 2 weeks
 - o Early Ambulation, ambulate same day of surgery
 - o Continue periop Beta blocker
 - o No labs

POD #1

-DC foley 0600, ambulate, pain control, clear liquids (be sure to put in comments section “no straws & no soda”)

- DC PCA, start Hycet elixir 15-30ml PO Q6H PRN

-decrease IVF to 60ml/hr

-if glucose an issue, remove dextrose from IVF

-if nausea an issue start scopolamine patch or reglan PRN

-resume home meds

POD#2

- LOS is about 1-2 days unless a redo Nissen

-DC home

-Order dietitian consult prior to discharge to review blenderized diet, check that you are not ordering a bariatric diet consult

-advance to blenderized diet (no straws & no soda, these directions are to be included in orders)

-patients can take small pills.

- IF Hiatal hernia repairs only, they can take pills

-DC meds to include pain medication (Hycet 7.5mg/325mg 15-30ml Q6H, unless allergies), provide PPI taper if indicated

-If intraop EGD shows esophagitis or gastritis, continue PPI (one agent) until f/u appt.

-PPI taper (attending dependent) if on one agent: dc home on PPI taking QOD for 1 week, then every 2 days for 1 week, then dc.

 If on multiple agents: dc all but one PPI, have them continue for 2 weeks, then give taper as above.

- diet at home is blenderized with protein drink for 2 weeks, no straws or soda, after 2 weeks advance to puree unless any nausea or vomiting

-f/u 2 weeks