

Dr. Olivia M. White
MDH General Surgery

HIATAL HERNIA/NISSEN POST OP CARE

- Your stitches are dissolvable and located under the skin, they will not be removed. Treat skin glue like a scab. It will peel off in 10-14 days. You may shower today; do not soak the incision under water in a bathtub/pool for 2 weeks.
- Use pain medications as directed. Please call the office if you are experiencing uncontrolled pain.
- Use ice packs as needed for pain/swelling.
- Do not lift more than 20 pounds for the first 4 weeks following surgery. Otherwise, you may resume your regular activities immediately following surgery. Call the office if you have questions about specific activities.
- Please follow the Post Nissen dietary restrictions until cleared in clinic to resume a regular diet. Please call the office if you have specific dietary questions.
- Call the office if you experience the following: fever >101.5F, worsening pain, excessive bleeding or drainage from your incision/wound, excessive vomiting or inability to swallow, inability to have a bowel movement for more than 5 days.
- Dr. White's office phone number: 309-833-3706
- If you have concerns after hours, you may reach the on call surgeon by calling McDonough District Hospital: 309-833-4101.