

Hiatus Hernia & Antireflux Surgery – Patient Information Sheet

You have been scheduled for surgery to treat a hiatus hernia and/or chronic gastro-oesophageal reflux disease (GORD). The most common procedure is a laparoscopic fundoplication with or without hiatal hernia repair. This operation aims to reduce acid reflux, restore the natural valve between the stomach and oesophagus, and repair any hernia at the diaphragm.

Pre-operative Assessment and Work-up

Before surgery, you may undergo several investigations to confirm diagnosis and plan the procedure, including:

- -Gastroscopy (upper endoscopy)
- Oesophageal pH monitoring (acid testing)
- Oesophageal manometry (to assess swallowing function)
- CT scan or barium swallow (in selected cases)

These tests help determine the severity of reflux, size of the hiatus hernia, and whether surgery is appropriate.

Pre-operative Preparation

- Please fast (no food or drink) for at least 6 hours before your procedure.
- You may take routine medications with a small sip of water unless advised otherwise.
- You will be provided with antiseptic body wash to use the night before and the morning of surgery.
- Arrange for someone to drive you home, as you will not be able to drive for 24 hours post-op.

On the Day of Surgery

The operation is performed under general anaesthesia, usually via keyhole (laparoscopic) technique. Most patients stay in hospital for 1–2 nights depending on recovery. You will be monitored for any issues with swallowing, nausea, or gas bloating.

Post-operative Recovery & Diet Plan

Swelling at the surgical site can make swallowing temporarily difficult. To allow healing, the following diet is recommended:

- ****Weeks 1–2:**** Pureed foods only (e.g. mashed vegetables, soups, blended meals)
- ****Weeks 3–4:**** Soft diet (e.g. scrambled eggs, pasta, rice, soft fish, soft fruits)
- ****After Week 4:**** Gradual return to normal diet as tolerated

Avoid carbonated drinks, heavy lifting, and vigorous activity for at least 4 weeks.

Follow-up

You will be reviewed in clinic approximately 6 weeks after surgery to assess your recovery and diet progression.

Contact Us

Please contact WA Surgery if you have questions or concerns before or after your surgery.