

HARBIN CLINIC
GENERAL SURGERY
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LAPAROSCOPIC NISSEN/TOUPE' DIET (For patients of Dr. Scott & Dr. Mayfield)

This diet is very important to follow after your laparoscopic surgery for reflux. This list is not all inclusive, but is intended to be a guide for your post-operative period. Once you have been discharged home, this is the diet you should follow.

STEP 1 (Day 2-14)

- During this phase you will begin a soft diet. A good way to think of it is “things you could eat without teeth,” baby food consistency or things that you could pour out of a pitcher.
- Puddings, oatmeal, grits or yogurt
- Scrambled eggs, mashed potatoes, applesauce
- No carbonated drinks
- Avoid extremely cold liquids- these can lead to esophageal spasm
- You may have esophageal spasm when you begin taking liquids (drinking a warm liquid may help relieve the spasm)

STEP 2 (Day 15)

- 2 weeks Post-Op you may begin adding soft foods such as chicken, fish, soft cooked vegetables and small amount of ground beef

FOODS TO AVOID

- Red Meat (steaks) & Pork
- Breads/Chips
- Nuts
- Fresh Fruit & Vegetables

If you have any questions, please call our office at 706-236-6328