



General Surgery  
1825 Martha Berry Blvd. Rome, GA 30165  
706-236-6328

**LAPAROSCOPIC NISSEN/TOUPE' DIET** (For patients of Dr. Brock only)

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**

- Begin the following day after surgery and continue for 3-4 days
- Liquids only (coffee, tea, juice, broth)
- Non-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 pain)

**STEP 2**

- You should continue the following diet until you return to see Dr. Brock
- During this phase, you will begin a soft diet (things you could eat without teeth or baby food consistency)
- Puddings, oatmeal, grits, yogurt
- Scrambled eggs, mashed potatoes, applesauce
- Pastas with sauce (NO MEAT)

**STEP 3**

- Dr. Brock will advise you when you should start this diet
- At this point, you may begin adding chicken, fish, soft cooked vegetables and small amounts 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