**Post Nissen Diet (For first 2 weeks after surgery)**

The post Nissen diet you will follow right after your surgery includes the following:

Apple juice

Cranberry juice

Grape juice

Chicken broth

Beef broth

Flavored gelatin (Jell-O)

Tea or coffee

Milk

Strained creamed soups (no tomato or broccoli)

Vanilla and strawberry ice cream (no whole strawberries)

Sherbet

Plain, blended or custard-style yogurt without pieces of fruit or seeds

Carnation Instant Breakfast (no chocolate-flavored)

Ensure or boost, protein shakes

Milkshakes

Yogurt - low fat

Carbonated drinks (sodas) are not allowed for the first six to eight weeks after surgery. After this time you can try them again in small amounts.

**Please note:** Dairy products, such as milk, cottage cheese, ice cream, and pudding, may cause diarrhea in some people just after surgery. You may need to avoid milk products at first and try them in small amounts as you advance your diet.

Medications: Please stop taking all non-essential medications such as vitamins and minerals. Any essential medications such as blood pressure medications, heart medications, diabetes medications should be crushed if possible.

Please pick up liquid children's tylenol and children's Ibuprofen. Take 650mg Tylenol Every 6 hours and 600 mg Iburofen every 6 hours for 48 hours. Alternate between Tylenol and Ibuprofen every 3 hours.

For example:

Noon - Children's Tylenol 650mg

3pm - Children's Ibuprofen 600mg

6pm - Children's Tylenol 650mg

9pm - Children's Ibuprofen 600mg

In between your doses of Tylenol and Ibuprofen, take the oxycodone or Lortab elixir as needed for pain control. If you do take the oxycodone or Lortab, please take 15-30cc of Milk of Magnesia along with it to prevent constipation.