



The operation at a glance - Hiatal hernia

Preparation:	<ul style="list-style-type: none">- Weight reduction for overweight- Avoiding late and high-fat meals- Sleeping with raised head end- Avoid nicotine, alcohol, coffee and chocolate- Respiratory therapy- Possibly discontinue blood-thinning medication 2 weeks before the operation after consultation with the doctor.
OP duration:	individual, usually 1 to 2 h
Operation type:	Laparoscopy, minimally invasive
Applied technique:	various techniques possible
Pre-op:	<ul style="list-style-type: none">- Blood count- Small lung function test- Inflammation values after consultation
Anaesthesia:	General anaesthesia
Hospital stay:	2 - 4 days
Essen:	liquid and pulpy, light food for 1-2 days
Getting up:	possible immediately
Showers:	possible immediately, as our dressings are waterproof.
Bathing, swimming, sauna:	possible again after 10 to 14 days
Sexual intercourse:	allowed as long as you do not feel pain.
Able to work:	Office work is possible after 2 - 3 days. For heavy, physical work you are 100% unable to work for 4 weeks.
Sport / training:	possible after 4 weeks, as heavy lung strain should be avoided before that.
Follow-up care:	Continue respiratory therapy. About half of the patients who have surgery experience temporary swallowing difficulties after the operation. This is troublesome, but normal. These should disappear by themselves within the first 2 weeks. If swallowing difficulties occur, the upper body should continue to be held in an elevated position and only light, pulpy food should be eaten. If the swallowing problems persist, please contact us.
Follow-up:	as required