



نصيحة للذين يتعافون من إجراء الفتق أو المريء

Advice for Patients Recovering from A Hiatal or Esophageal Procedure

Advice for patients recovering from a Hiatal or Esophageal procedure:

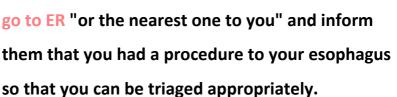
 Please refrain from intense physical activity for 3 months at least.



- Please plan any pregnancy you might want to have till 3 months after the surgery at least, and inform your Obstetrician early should a cesarean ever be required.
- Continue on a soft diet for 6 weeks and then slowly transition to a normal diet.
- Try to swallow while standing or sitting up erect;
 do not eat while lying down.
- When having a meal, plan it so that you do not go to bed for at least 4 hours after the meal.



- Make an effort to chew your food well before swallowing to ease the swallowing process, this might take some time for you to get used to this dynamic.
- Attend all your scheduled appointment and take your prescribed drugs as intended.
- Contact your physician through patient relations should you need an earlier appointment.
- Should you have severe chest pain, persistent vomiting or something "stuck" in your esophagus please





لأن الوعي وقاية . .

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