



مدينة الملك فهد الطبية  
King Fahad Medical City



## 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**



**go to ER** "or the nearest one to you" and inform them that you had a procedure to your esophagus so that you can be triaged appropriately.

# لأن الوعي وقاية ..

إدارة التثقيف الصحي

**Cardiovascular and Thoracic Surgery  
Department**



HEM1.20.0001028

