Nissen Fundoplication Surgery

What is a fundoplication?
Gastroesophageal reflux is a backward flow or reflux of stomach contents into the esophagus. Everybody has some reflux. Abnormal amounts of gastroesophageal reflux can cause gastroesophageal reflux disease (GERD). This occurs when the valve of smooth muscle between the esophagus and the stomach does not function properly. This muscle band is called the lower esophageal sphincter.

If lifestyle measures and medications do not adequately treat GERD, your doctor may recommend surgery. This is called a nissen fundoplication. The surgery is done to help strengthen the valve between the esophagus and stomach so stomach contents don’t flow into the esophagus as easily.

What is done during a nissen fundoplication?
A nissen fundoplication may be done using a laparoscope. This is a small tube that allows the doctor to look inside your abdomen. A small incision is made in the abdomen or chest, and the laparoscope is inserted into the area. Instruments as inserted through other small incisions to perform the surgery.

How do you get ready for the test?
Your surgery will take place at Saint Joseph Hospital. You will receive information from National Jewish Health and Saint Joseph Hospital on preparing for surgery. Follow these instructions closely or your surgery may need to be cancelled.

What can you expect?
Most people who have a nissen fundoplication stay in the hospital for 2 days, although some people require a longer stay. Full recovery for physical activity may take 1-2 weeks. The doctor and nurse will review what to expect before, during and after the surgery. The doctor will also explain the risks and benefits of this surgery in more detail.
Questions to ask my health care team
If you have questions please call 303-398-1355.

©National Jewish Health, PTE-321