



## GERD SURGERY AND RECOVERY

The BIG day! Not to worry, you are in experienced hands. It is normal to have anxiety as your procedure day approaches but remember, you have had symptoms for a long time, you had comprehensive testing to provide the most information to make the best decisions for surgery and Dr. Reising has the most experience and best outcomes in minimally invasive treatment of GERD in the region. In addition, Dr. Reising will make sure you have the best surgical team and anesthesia available. Now here is what to expect on your procedure day.

When you arrive at Aspirus Wausau Hospital you will come in at the east entrance, B. The sign on that side of the building reads, Aspirus Heart and Vascular. Once inside, you will check in at the reception desk and a nurse will bring you back to the Day Surgery area. Your nurse will explain the next steps, help you get into a gown and start an IV for the procedure. Don't worry, our nurses are expert at IV placement and if you are someone that is difficult to get an IV into, our anesthesia providers can use ultrasound to make it easier. Next, you will meet your anesthesia doctor who will go over the anesthesia portion of the procedure so you know exactly what to expect. Dr. Reising will talk with you and your family and review your procedure details and what to expect going forward. Then your nurse and anesthesia provider will bring you back to the procedure room and help you get settled onto the procedure table. Your anesthesia provider will put you to sleep with an anesthetic and the nurse will prepare you for the procedure. We take every measure to make sure you are comfortable and your privacy is maintained. When your procedure is completed, your anesthesia provider and nurse will bring you to the recovery room where a team of nurses will care for you and help you wake up from the anesthetic. If you are having any pain or nausea, they can give you medications to make you feel better. Once you are completely awake, your nurse will either move you to a room in the hospital where you will spend the night (if you had a robotic anti-reflux procedure) or take you to the Day Surgery recovery area and get you ready to go home (if you had the TIF procedure).

Prior to going home, Dr. Reising and the nurse team will go over any lifting and work restrictions as well as a detailed diet plan that will take several weeks to progress through. You will also be given a follow up appointment date and time and a list of things to watch out for at home.

