



MR GAURANG SHAH

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Royal Australasian College of Surgeons



GENERAL
SURGEONS
AUSTRALIA

Dear Patient,

After a fundoplication surgery, it's important to follow dietary guidelines to minimize gas and bloating.

Here are some foods and habits to avoid:

- Carbonated Beverages:** Avoid fizzy drinks like soda and beer, as they can cause gas and bloating.
- Chewing Gum and Drinking Through Straws:** These habits can cause you to swallow air, leading to bloating.
- Gas-Forming Foods:** Limit foods that tend to produce gas, such as beans, lentils, broccoli, cabbage, onions, and carbonated drinks.
- High-Fat Foods:** Fatty foods can slow down digestion and increase the risk of bloating. Avoid fried foods, fatty meats, and rich desserts.
- Spicy Foods:** Spices like black pepper, chili powder, and hot sauces can irritate the digestive system and cause discomfort.
- Raw Vegetables and Fruits:** These can be difficult to digest and may cause bloating. Opt for cooked or steamed vegetables instead.
- Dairy Products:** If you are lactose intolerant, dairy products can cause gas and bloating. Consider lactose-free alternatives.

Pls do not hesitate to contact our rooms if you have any questions.

Best wishes,
Mr Gaurang Shah

MAIN CONSULTING

Knox Private Hospital
Suite B, Ground floor,
262 Mountain highway,
Wantirna VIC 3152

Maude Street Medical Centre
96 Maude Street,
Shepparton VIC 3630

Murchison Medical Centre
21 Impey Street,
Murchison VIC 3610

HOSPITALS

- Knox Private
- Peninsula Private
- Mulgrave Private
- Chelsea heights day surgery
- Shepparton Private
- Kyabram
- Numurkah

SPECIALISED SERVICES

- Open & Laparoscopic Colorectal Surgery • Anorectal Conditions
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- HAL RAR (Haemorrhoid Artery Ligation and Rectoanal Repair)
- Advanced Laparoscopic Gastrointestinal Surgery
- Hernia Surgery • Cholecystectomy • Splenectomy • Skin Cancer
- Hydrocele • Vasectomy • Diagnostic & Therapeutic Gi Endoscopy
- Lumps & Bumps

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"Wherever the art of medicine is loved, there is also a love of humanity." – Hippocrates