

Diet After Laparoscopic Heller Myotomy

After heller myotomy, you will advance through 5 phases of diets. They include clear liquid diet, full liquid diet, pureed diet, soft diet, and regular diet. It usually takes one month for you to reach the final phase. Advancement through each phase may have to be modified by your surgeon in order to fit your individual tolerance. It is important for you to adhere to the prescribed diet and not self-advance.

Phase	Timeline after Surgery	Description
1	1 st Day	Clear Liquid Diet
2	2 nd Day through 1 st Week	Full Liquid Diet
3	2 nd Week	Pureed Diet
4	3 rd & 4 th Week	Soft Diet
5	5 th Week onwards	Regular Diet

Phase 1: Clear Liquid Diet

The morning after your Heller myotomy surgery, you will have an Upper GI X-Ray Study. After a normal study, you will start Clear liquid diet. You will first start with sips of clear liquid diet. "Sips" is defined as 1 oz every hour. If you tolerate the sips, you will advance to 2-3 oz every hour.

Clear liquid diet includes liquids that are "see-through", contain no bubbles, no added sugars, and no caffeine. Examples include:

- Diluted fruit juices like apple and cranberry.
- Crystal Light drink mix or popsicles
- Kool-Aid
- tea
- Clear broth
- Jello-O
- Water

If you tolerate the phase 1 diet, the next day you will advance to phase 2 diet.

Phase 2: Full Liquid Diet

On the 2nd day following Heller myotomy surgery, you will advance to full liquid diet. This includes items listed under clear liquid diet and items listed under full liquid diet. In addition, you may take protein shakes.

Full liquid diet, consists of milk products. Examples include:

- Regular milk
- Soy milk
- Cream soup (smooth, no pieces of food)
- Instant breakfast
- Plain or light yogurt without fruit pieces
- Pudding or custard
- Cream of wheat or rice cereal

Phase 3: Pureed Diet

Pureed diet is to be started by you at home one week after surgery. You will stay on pureed diet for one week. Pureed diet includes all items included under clear liquid, full liquid, and what is listed under pureed diet. Pureed diet is also referred to as mashed or blenderized diet. Examples of puree diet include:

- Eggs:
Pureed or blenderized Scrambled eggs, Egg Substitute, or Omelet
Pureed Egg Salad with Mayonnaise
- Cheese:
Cream Cheese, Ricotta cheese, Mozzarella, String cheese, Cottage cheese
- Fish, Shrimp, Poultry & Meat:
Blenderized tuna or salmon (canned in water)
Blenderized shrimp or scallops
Blenderized chicken moistened with broth or gravy
Potted meats thinned with broth
Smooth deviled ham
Baby food meat or pureed meat
- Starches:
Instant Oatmeal (strained)
Cream of Wheat
Rice Cereal
Mashed Potatoes or Sweet Potatoes
Smooth Polenta
Hummus
- Vegetables:
Baby food Vegetables
Pureed cooked Vegetables (preferably no corn or peas)
Mashed Winter Squash
Tomato juice or sauce, Marinara
- Soups:
Strained cream soup made with milk
Broth
Blenderized lentil or split pea soup
- Fruits:
Baby food fruits (bananas, pears, peaches, mango, etc)
Applesauce (smooth)
Canned fruit – blenderized
Fruit juice

Helpful hints for making Pureed diet:

- You will need a blender or food processor to make pureed diet.
- Cut foods into small pieces before putting into the blender.
- Vegetables need to be overcooked to soft texture before being blenderized.
- Remove seeds, skins, and fat.
- Add liquid for ease of blending. Add enough liquid to cover the blades. Options include skim milk, broth or low-fat gravy.
- Improve dry meat texture by adding small amount of low-fat salad dressing
- Blend the items to a smooth, applesauce consistency.
- Put the blenderized product through a sieve or strainer to remove any particles, seeds, or lumps.
- Remember: If you can chew it, don't do it!
- Take protein shakes if you think you are not consuming enough proteins each day (recommended intake: 60-80 gms/day)
- An alternate to making pureed foods is to purchase baby food.

Phase 4: Soft Diet

If you tolerate pureed diet well, you will advance to soft diet 2 weeks after surgery and usually after you have been seen in the office for your post operative check up. You will continue this for two weeks (3rd and 4th week after surgery). This will include all items listed under clear liquid, full liquid, pureed diet, and what is listed under soft diet. Examples of soft diet include:

- Baked fish (no bones)
- Imitation crab meat
- Baby shrimp
- Bananas
- Canned peaches or pears in water or juice
- Well-cooked vegetables without seeds or skin
- Scrambled eggs, poached, or hard boiled eggs, preferably egg whites only

Keep your soft diet moist and well cooked. Avoid reheating, as it will dry up the food.

Phase 5: Regular Diet

Approximately from the 5th week after surgery you will be ready for regular diet. If you experience difficulty with a food item once, it is recommended to try again after a week.

Hints for Measuring Foods

Liquids or soft/pureed foods can be measured in ounces, tablespoons, mls, or measuring cups.

1 fluid ounce	2 tablespoons	30 ml	1/8 cup
2 fluid ounces	4 tablespoons	60 ml	1/4 cup
4 fluid ounces	8 tablespoons	120 ml	1/2 cup
6 fluid ounces	12 tablespoons	180 ml	3/4 cup
8 fluid ounces	16 tablespoons	240 ml	1 cup

1 Tablespoon = 3 teaspoons

1/2 Tablespoon = 1-1/2 teaspoons