

Do's and Don'ts after a Stretta

1. Do NOT eat food with hard or sharp edges for 4-5 days, such as chips, pretzels, nuts, popped corn or bones. Chew your food well, and do not eat rapidly.
2. Do resume normal activities as tolerated, including exercise, the day following the procedure.
3. Do NOT forget to take your acid lowering medication, such as Prilosec, Prevacid, Protonix, Aciphex, Dexilant, Zantac, or Nexium, for at least the first month after your procedure,. If you are not taking these medications you must immediately tell your doctor.