

LINX Post-Operative Instructions & Diet

IMPORTANT INFORMATION:

- ❖ **Contact information:**
 - To speak to your surgeon or his staff, please call **682-518-8619**. If it is after hours or the weekend, there is an answering service to direct your call to the physician.
- ❖ **MRI:**
 - **DO NOT** get an MRI that is more than 1.5 Tesla. Talk to your surgeon before undergoing an MRI.
- ❖ **Wallet Card:**
 - Carry your wallet card with you at all times. Your LINX should not be an issue at airports or other security checkpoints, but your wallet card may be helpful if an issue arises.
- ❖ **Post-Operative Appointments:**
 - Post-op appointments are at 2, 6, & 12 weeks after surgery
 - Annual visits occur after the 12 week post-op visit
 - You **CAN** be seen at other times if you have any questions/concerns
 - Please call the office to schedule an appointment if needed

DIET:

1. You will start with soft foods the day of surgery. You continue with soft foods until there is no sense of food sticking.
 - This is usually between 6-8 weeks after surgery, but can take up to 6 months to fully resolve
2. It is important that you exercise your LINX while you are recovering, by eating frequently
 - This should be started immediately after surgery and continued for 6-8 weeks after surgery
 - If you do not exercise your LINX, you may require a procedure called “dilation”
3. Eat 3-6 meals daily (even if they are small meals)
 - Chew well and slowly
 - Make sure a swallow is completed by food passage into the stomach before taking another bite
 - Sips of liquids may be necessary between bites
4. Between meals, eat a bite of pudding, yogurt, or a well-chewed bite of banana each hour while awake until your 6 week follow up appointment
 - Half of a fig newton cookie every 1-2 hours can also be used to exercise your LINX device
5. Refrain from drinking carbonated beverages to avoid gas and bloating
6. Avoid drinking really hot or really cold liquids, as this may cause increased discomfort

ACTIVITY:

1. DO NOT drive while taking pain medication or until you are comfortable to drive
2. You CAN shower the day after surgery
 - DO NOT bathe or swim for 2 weeks
3. No lifting greater than 20 pounds for 5 weeks after surgery
4. No strenuous abdominal activity, such as sit ups, for 6 weeks

DIFFICULTY SWALLOWING:

1. This is expected and considered normal between 2 & 12 weeks after surgery
2. It is typically the worst around week 6
3. Eat or drink slowly over 1 hour
 - Chew food well and wash a swallow down with a sip of liquid between bites
 - Make sure a swallow is complete before starting another
4. Eat smaller, more frequent meals
5. If food seems like it gets stuck, slowly drink warm water
6. Some cases may take 6 months to fully desolve

BLOATING/GAS:

1. Eat or drink slowly over a 1 hour period. Do not over eat
2. Limit gas-forming foods and habits, such as: carbonation, beans, & raw vegetables
3. Take Gas-X or Simethicone over-the-counter as directed on the packaging before meals

ACID REFLUX:

1. You may feel like you are having acid reflux while you are recovering. This is likely not reflux at all.
 - This typically resolves by 8 weeks after surgery
2. Your surgeon will wean off your Proton Pump Inhibitor after your LINX surgery. Ask them any questions regarding this process.
3. After you are weaned off your PPI medication, try over the counter Pepcid Complete if you have stomach pain or symptoms like reflux

PAIN:

1. Pain is usually worst during the 5 days after surgery, but soreness is expected for up to 6 weeks. Some patients have spasms in their esophagus while eating for a short time after surgery.
 - Take your pain medication as directed
 - If you have pain with eating, take your pain medication 30 minutes before a meal
 - Take your nausea medication as directed. This may help with pain as well.