

## LINX Post-op Instructions

### **Contact Information**

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### **Diet**

#### **Day 1: soft diet**

ex.: eggs, steamed vegetables, well-cooked pasta, mashed potatoes

#### **Day 2: regular diet**, small bites, chewed well

- The most important activity you can do with a LINX implant is swallow!
- Eat small meals every 2-3 hours while awake, sit-up while eating for the first 6 weeks. **Eat slowly and chew food very well, always** (even after 6 weeks).
- To prime your esophagus, **drink a warm non-carbonated beverage before eating.**
- Sip (do not gulp) water in between bites.
- Minimize dry foods (chips, breads, crackers, raw vegetables)
- Avoid carbonated, very hot and very cold beverages
- AVOID an ALL-LIQUID diet**

### **Post Surgery**

**Weeks 1-2** Swallowing will feel different, it may feel as though things get stuck, this is normal. Do not panic, stand up, take a walk, be patient.

#### **Weeks 3-8**

Scar tissue is forming around the LINX holding it in place.

You may experience:

- difficulty swallowing
- increased belching
- non-cardiac chest pain
- esophageal spasms

**These are all NORMAL.**

**Keep eating!** Remember eating is the physical therapy for the LINX implant. As you eat it opens and closes the device, which will stretch out the scar tissue. This is good!

### **Recovery**

**Activity:** No heavy lifting for 6 weeks. Light activity for the first two weeks, slowly increase activity as tolerated, avoiding abdominal stress. If it hurts, don't do it. Listen to your body.

**Acid Reflux:** If you are currently taking medication to treat acid reflux, please continue the meds the first week post-op, then decrease to every other day. However, If you have gastritis, ulcers, or Barrett's please consult your GI for your medication management.

**Wound Care:** You may **shower 48 hours after** surgery. You have steri-strips covering your incisions. Leave those on, they will eventually fall off in about 2 weeks. You may utilize ice packs to reduce swelling as needed.

**Gas and Bloating:** Avoid eating gassy foods such as broccoli, cabbage, beans, asparagus, etc. If you are belching, try simethicone, found in Gas-X, and other anti-gas products. For some it helps to take anti-gas meds before meals.

**Constipation:** A change in eating habits and pain medication can lead to constipation. You may use stool softeners/ mild laxatives to assist with this.

**Pain:** Follow pain medication as ordered. **You may experience shoulder, neck, back pain, this is normal and usually lasts 5-7 days.** A warm compress and walking can aid in relieving that pain. Some patients experience pain in the left shoulder longer, this is normal. No driving or drinking alcohol for 72 hours post-op or while taking pain medication.

### **When to call the doctor:**

- Fever greater than 101 degrees
- Difficulty or inability to swallow
- Increased abdominal pain
- Redness, warmth or pus at incision sites
- Persistent nausea or inability to take in liquids