

### CONTACT INFORMATION

- To speak to a nurse at Advanced Surgeons, Monday-Friday, between 8:30 a.m. – 4:30 p.m., call **205-595-8985**.
- Evenings and weekends, please call **205-595-8985** and ask for the physician on call and let the operator know that you had the LINX procedure.

### POST OP APPOINTMENT

- **You will follow-up two weeks post-operative** with the physician.
- If you do not have an appointment for your follow-up scheduled prior to the surgery, you will need to schedule your follow-up appointment.

### DIET

- Your diet will begin the day of surgery
- You will want to activate the LINX band right away, allowing it to open and close. This can be done by eating slowly and often, even if you are not hungry. It is important to regularly exercise the device.
- You can start eating soft foods the day of surgery and regular foods the day after surgery. Please try to avoid dry meats and crusty dry bread within the first few post op days.
- Try drinking a warm glass of non-carbonated liquid prior to taking your first bite to prime your esophagus.
- Sip water in between your first few bites
- Bites of food should be small in size and chewed very well
- Avoid carbonated beverages to prevent gassiness
- Small meals are recommended
- Don't stack your food (one bite after another)
- Eat every 2-3 hours so that you don't get hungry
- Avoid taking large gulps of liquid at one time
- Stay hydrated with regular sips of water throughout the day

### FIRST FEW WEEKS AFTER SURGERY

- The first few days after surgery you should feel good. When your food is eaten properly (small bites and chewed thoroughly), there might be minimal to no discomfort.
- About 10 to 14 days after surgery, you may begin to notice discomfort while swallowing- don't be alarmed, this is completely normal and should resolve by week eight.
- You may feel tightness in your chest or feel as though a piece of food is stuck; the reason for this is the formation of scar tissue. This can't be prevented, it is your body's way of healing and therefore just another step in the healing process.

### AVOID AN ALL- LIQUID DIET

- If your discomfort persists over several weeks or becomes severe, please contact the office

### PHYSICAL THERAPY FOR YOUR LINX

- **Physical therapy is eating!** We can't stress this enough! Every time you swallow a small amount of food it 'exercises' the device.
- If you do not eat regularly, the LINX device can stiffen up and cause more pain when swallowing later on.

### WHILE YOU RECOVER:

- Your incisions will have absorbable stitches and waterproof skin glue
- You may shower but do not bathe or swim for 2 weeks
- No heavy lifting greater than 10 pounds for 3 weeks after surgery
- No sit-ups or abdominal crunches for 6 weeks after surgery
- No driving while taking narcotic pain medications

### **Bloating and gassiness can be normal and if it does occur:**

- Take Gas-X or Simethicone over-the-counter to help ease the gas
- Avoid gas forming foods and beverages
- Avoid drinking from a straw
- Avoid beans, gum, nuts, citrus, and fiber supplements

### **Acid Reflux**

- You may feel like you are experiencing reflux, this feeling should resolve by week eight.
- You should stop your Proton Pump Inhibitor (PPI) after surgery
- Try taking Pepcid Complete as needed for stomach discomfort

### **Pain**

- Usually pain is the worst the first few days after surgery. Some patients can experience temporary spasming in their esophagus that causes pain while eating.
- If needed, take the liquid pain medication, as directed by your physician.
- If you have pain while eating, try taking the medication 30 minutes prior to eating.
- Again, you may also want to try priming your esophagus with warm liquids prior to eating, this can help calm esophagus.

# LINX DIET

## ✓ Foods:

- Bananas
- Applesauce
- Greek yogurt
- Pudding
- Mashed potatoes
- Meat and gravy
- Melon
- Eggs
- Grits
- Cream of wheat



## ✗ Foods:

- **Rice**
- **Coleslaw**
- **Chips/Crackers**
- **Lettuce**
- **Bread**
- **Crust**
- **Grapes**
- **Pineapple**
- **Breakfast meats**
- **Cold cereals**
- **Carbonated beverages**



## IMPORTANT TIPS

- Eat every 2-3 hours
- Always serve meat with gravy
- Small meals recommended
- Cut food into small bits
- Avoid giving patient only liquids
- Snack options: pudding, applesauce, yogurt, bananas