



Post Operative Instructions: LINX Placement

Activity

Take it easy the first several days. Avoid activities that may cause discomfort. Walking, stairs, even light exercise is okay if tolerable. There are no specific weight restrictions.

Pain

Most pain is due to the incisions and can be controlled often ibuprofen and Tylenol alone. It is recommended that you take this scheduled every 3 hours. For example:

Noon – Tylenol 650 mg

3pm – Ibuprofen 600mg

6pm – Tylenol 650mg

9pm – Ibuprofen 600mg

You will be prescribed some narcotics as well. Take this as needed in between the doses of Tylenol and Ibuprofen. If you do take the narcotics, please take a dose of milk of magnesia with it to prevent constipation. If refills are needed, please call the office during regular work hours 9am to 4 pm M-F. Narcotic refills will only be given during these hours when a physician is available. If the pain does not subside or worsens over time, please contact the office anytime.

Please be aware that it is very common to develop the sensation of bloating, chest pressure, shoulder pain and upper back pain. This is related to the gas used to inflate the abdomen and will go away after several days. Please take deep breaths and walk to help this resolve.

Diet

It is recommended that you have soft foods the day of surgery. You should start eating regularly the day after surgery. Proper diet and the frequency at which you eat are key factors in your recovery. **It is advisable eat something every hour.** It does not matter what you eat and it does not have to be a large amount. Simply eating a grape, carrot, piece of chicken or bread is certainly sufficient. The most important thing is to eat every hour. Take small bites and chew thoroughly. Drinking warm liquid, such as tea, before a meal can help to relax the area around the device, allowing food to pass through more easily.

If you develop the feeling of food getting stuck, do not panic, it simply makes things worse. Relax, drink a small amount of warm water and actively swallow. Eventually the food will pass. Please continue this diet regimen until your first postoperative visit.

First 1-2 weeks

This is called the honeymoon stage. Food and liquid should be going down relatively well. Remember to keep taking small bites and chewing well. You will notice some pain with swallowing around day 7.

Weeks 2 to 6

Dysphagia, or pain with swallowing is completely normal and can last up to 12 weeks. Most of the dysphagia happens around 6 weeks. The pain with swallowing happens during the healing process when tissue is healing around the LINX device. During this time, you will need to do “physical therapy”. Eating every hour and eating regular meals is your physical therapy. Eating solid food causes the LINX device to open and close and it also allows the tissue around the LINX to heal correctly.

Post-Operative appointments:

We like to see you for post op follow up at 2 and 6 weeks. At that time, the doctor will assess your healing and decide on your future follow up appointments.

Wound Care

Your wounds are covered by a waterproof skin glue. It may take 6-8 weeks for the glue to flake off. You may feel free to shower when you are home. You do not need to cover them, simply leave them open to air. No baths, swimming pools, or saunas for at least 1 month after surgery.

Problems

Please contact us immediately if you experience any of the following: worsening nausea/vomiting increased pain, fevers (temp >101.0), redness or drainage from your incisions. If you think there is something wrong, please do not hesitate to call.

For further need, please feel free to contact our office at any time (503) 914-0024