



POST LINX INFORMATION SHEET



Immediate Post-Op (Days 1–7)



Diet

- **Start eating solid food right away.** The most important part of recovery is **frequent swallowing** to help prevent the LINX device from developing scar tissue.
- Eat **small, frequent meals** (5–6 per day).
- Focus on **soft but solid foods** — examples:
 - Eggs, soft-cooked meats, cooked vegetables, pasta, rice, soft bread.
- **Avoid:**
 - Sticky or dry foods (e.g., white bread without moisture, thick peanut butter).
 - Carbonated drinks (can cause bloating).
 - Spicy or acidic foods if they bother your stomach.



Swallowing

- **Swallow frequently** to keep the device mobile.
- **Don't skip meals.** If you're not eating, you're not swallowing — which can lead to complications.
- If food gets “stuck,” sip warm water or take small bites of moist food.
- Walking is the best thing if you feel **gassy**.



Activity & Recovery

- **Walk daily** to promote healing and prevent clots.
- Avoid heavy lifting (>5-10kg) or strenuous activity for **at least 2–4 weeks**.
- No driving for the first week or until you can move without discomfort and are safe to perform an emergency stop.



Medications

- You may be given **pain medication** (usually for a few days only) and some anti-nausea meds too.
- I generally stop **PPI/acid medications** right after surgery.
- Take medications **with food** and **swallow whole**, not crushed (unless directed).



Wound Care

- Keep your wounds clean and dry.
 - You can usually shower within 24–48 hours, don't **soak** your wounds and just pat them dry.
 - Watch for signs of infection: increased redness, swelling, warmth, drainage, or fever.
-



Long-Term (Weeks 2–6 and beyond)



Diet

- Gradually increase food variety and textures.
- Continue chewing food thoroughly and taking small bites.
- **Don't stop eating solid food** — soft diets or liquids for too long increase the risk of device-related swallowing problems.
- If you get **constipated** increase your fluid intake. You can use prune juice or over-the-counter stool softeners from your chemist such as fybogel, lactulose or senna.



Swallowing

- Some patients experience **mild dysphagia (trouble swallowing)** in the first few weeks — this often improves over time.
- Continue **consistent, regular meals** and **don't avoid eating**.



Implant Card/Device Registration:

I have given you a LINX implant card following your surgery. This is unique to your LINX so if there are any problems we have a record of this. Please keep this safe.



Magnetic resonance imaging (MRI):

If you need an MRI then inform you must tell the MRI team that you have an implanted LINX device **prior** to your MRI examination appointment. It is safe to have an MRI of up to 1.5Tesla (1.5T). But repeated scans or higher strength scans can damage your LINX. There should not be any issues with airport scanners.



When to Call a Doctor

- Inability to swallow or persistent vomiting.
 - Severe chest pain or difficulty breathing.
 - High fever or signs of infection at the incision sites.
 - Prolonged nausea, bloating, or inability to pass gas or stool.
-



finesurgery

Surgical Clinic in Jersey

Clinics Monday and Wednesday afternoons

Suite 3.2, The Lido Medical Centre, St Saviour, Jersey, JE2 2LA

www.finesurgery.com

admin@finesurgery.com

01534 280781