

LINX – POST OPERATIVE

**Day Of and Day after Surgery:**

A soft diet will be given to you. This is ONLY for the day of and day after the LINX has been placed. We want you to get back to eating a normal diet right away. The soft food diet will allow you to ease into solid food.

**First 7 to 10 Days:**

We call this the “Honeymoon” stage. Food will be going down relatively well and acid is a minimum if any. During this time we request you to:

* Take small bites of food
* Chew food very well
* **Eat frequently every 1 hour.**
* Minimize the amount of dry food intake (i.e. chips, hard bread, crackers)

Weeks 3 to 6:

* Scar tissue will be forming at this time. This is a good thing! This is your body’s way of healing. The scar tissue forms a capsule around the device enabling it from moving up or down.
* In order for the device to not get tight or stiffen up, “physical therapy” will be required. Physical therapy for the LINX is EATING! Similar to a knee surgery, constant movement will allow the device to stay mobile.
* We request you to eat 5 to 6 small meals throughout the day. Every time you swallow a bolus of food, you open and stretch the device.
* Drinking warm liquid, such as tea, before a meal relaxes the area around the device. Some patients state that this has helped with food going down.
* Experiment with your food. Everyone is different. If you find something that works for you, go for it!

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

