

LINX Post-Surgery Diet

- **Day 1 After Surgery**

- Soft chopped foods: tender meats, cooked vegetables, peeled fruits, beans, yogurt
- Remember to eat solid foods, avoid only liquids meals (soups, protein shakes)
- Eat about 1 cup of solid food every 2-3hours while awake
 - This can help exercise the LINX device to open and close. Think of “eating” as a type of physical therapy for your esophagus to help decrease dysphagia (difficulty swallowing).
- Take small bites and chew well.
- You may take small sips of water or low calorie beverage in between bites.

- **Day 2 After Surgery and Beyond**

- Eat a regular healthy diet: lean meats, raw/cooked colorful vegetables, salads and fruits, high fiber grains and beans.
- Avoid dry foods: bread, crackers.
- Continue to eat small frequent meals (1-2 cups per serving of solid food) every 2-3 hours.
- Continue to take small bites and chew well.
- Continue to take small sips of water in between bites.
- If you try a new food and have trouble with swallowing, hold off on that food and try it again in a week.
- Usually for 3-4 months, you can tolerate most foods without difficulty.

- **What to Expect: Weeks 1-6**

- Laparoscopic surgery requires inflating your abdomen with carbon dioxide gas. This may cause pain in the back, neck and shoulders, but symptoms usually go away after 5-7 days. Walking and Gas-X may help relieve bloating and gas pain.
- As your body heals from the surgery, scar tissue will begin to form around the LINX device. This scar tissue forms a layer of tissue (capsule) around the device which prevents it from moving or slipping.
- During the first 7-10days, swallowing solid foods may be easy. However, after 7-10 days, inflammation will increase, making swallowing more difficult.
- During this time, we suggest you:
 - Continue to eat solid foods every 2-3 hours to help exercise the LINX device to open and close.
 - Focus on solid foods, but avoid dry foods (crackers, pizza crust, bagels)
 - Continue taking small bites of solid food and chew very well

- Take sips of warm water before and during meals to help with swallowing. This can help ease food down by relaxing the esophagus.
 - These symptoms occur during the first 2 weeks and may persist up for 6 weeks after surgery.
 - Chest pain may be caused by spasms of the esophagus. This pain is sometimes described as “sharp” or “stabbing” but does not last long. These are all known and expected symptoms! You should continue eating frequently, as this can help decrease these symptoms.
 - If you feel nauseated, choose bland foods: soft cooked potatoes, applesauce, bananas, rice.
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- **What to Expect: Weeks 6-12**
 - Continue to eat small frequent meals, every 2-3 hours to help exercise the LINX device, with sips in between bites. Avoid consuming only liquids (soups, protein shakes). You will still need solid food to help stretch the device.
 - Dysphagia and pain will decrease due to resolving inflammation and swelling.
 - After 3 months, a low fat-low sugar diet is recommended and a regular eating schedule may be resumed.