



## **DR GOERS POST-OPERATIVE LINX SURGERY**

\*\*\*Please give original to patient and place copy in the chart\*\*\*

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### **Discharge Diagnosis:**

- o GERD
- o Hiatal hernia

**Surgeon:** Dr. Goers

**Office phone:** 615.329.7887

**Follow up:** Please use the web portal with your surgeon's office to make a follow-up appointment with Dr. Goers/Joni Lee, PA-C in 2 weeks.

### **Instructions:**

#### **Weeks 1-2:**

- o Solid but soft diet is recommended. The esophagus can have swelling and we want food to pass easily and often.
- o To prevent bloating and excess gas, avoid chewing gum, mints, carbonation, or drinking from straws. GasX or simethicone over the counter taken **BEFORE** eating can help as needed.
- o During this time, we suggest you:
  - It is very important to "exercise" your LINX device after surgery while you are recovering.
  - Think of swallowing as your "physical therapy."
  - Even if you are not hungry, try eating small meals of solid foods several times a day.
  - Take small bites of food. Chew food very well
  - Eat frequently: **5-7** small meals/day or a small snack every **1-2 hours**
  - Minimize the amount of dry food intake (chips, hard bread, crackers)
- o Treat nausea aggressively with prescription given.
- o We will see you in the office around this time.

#### **Weeks 3-6:**

- o Difficulty swallowing is a **NORMAL** part of recovery and expected to some degree, especially 3-8 weeks after surgery. This has to do with tissue healing around the device.
- o Tips: Take smaller bites and drink warmer beverages. Eat small amounts throughout the day more often. Chew very well (up to 20 times per bite).
- o **What is most important is that you do not stop eating! Please "snack" (take a bite of solid food) every 2 hours!**

- o Swallowing is your physical therapy after surgery and the device has to be exercised!
- o If you are having more trouble swallowing than expected, please call our office.
- o You might experience some bloating or gaseousness. This is also normal but less common and can be helped by eating slowly and avoiding certain habits and food items.
- o If you experience food "sticking" or difficulty swallowing, drinking warm tea or water will help by relaxing the esophagus.
- o We encourage eating **5-7** small meals throughout the day or a small snack every 1-2 hours. Every time you swallow a bolus of food, the device opens and closes which stretches out the scar tissue. This results in optimum healing of the LINX.

**Week 6 through 3 months:**

- o Scar tissue from surgery is softening and becoming more elastic.
- o Continue to chew foods well and eat slowly to avoid swallowing problems or pain.
- o Return to normal physical activity.

**PPI Use (All Antacid Medications):**

- o The LINX surgery should stop the need for antacid medications such as Nexium, Protonix, or Prevacid. Please discontinue use of these medications, unless told otherwise by your surgeon.

**Activity:**

- o No lifting heavy (10 lbs. or greater) for 6 weeks after surgery. We will release you back to activity.

**Wound Care:**

- o Showers may be permitted the day after surgery. Do not scrub the abdomen. Pat the incision sites dry after showering. Do not rub or pick at the incisions or surgical glue.

**When to call the Doctor:**

- o Fever greater than 101-degrees Fahrenheit
- o Uncontrolled abdominal or chest pain
- o If you can only tolerate swallowing liquids and unable to swallow solid foods
- o Vomiting without help from nausea medicines
- o Bleeding, oozing or drainage out of incision sites
- o Severe shoulder pain lasting more than threedays
- o Shortness of breath or difficulty breathing

*For any questions or concerns, please feel free to contact our office at any time  
**(615) 329-7887***