



SURGICAL ASSOCIATES

Patient Education

Post Operative LINX Instructions

Day of and day after surgery

Soft diet instructions will be given to you (attached). These are 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 seven (7) to ten (10) days

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

- Take small bites of food.
- Chew food very well.
- Eat frequently: Four (4) to five (5) small meals daily.
- Minimize the amount of dry food intake (i.e., chips, hard bread, crackers).

Weeks three (3) to six (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 preventing it from moving up or down.
- In order for the device to not get tight, stiffen up or freeze into place, you must eat—this is your “physical therapy”! By eating, you are exercising the device. Similar to a knee surgery, constant movement will allow the device to stay mobile.
- We request you eat five (5) to seven (7) small meals throughout the day. Every time you swallow food, you open and stretch the device.
- Drinking warm liquid, such as tea, before a meal relaxes the muscle around the device. Some patients say that this has helped with food going down.
- Experiment with your food. Everyone is different. If you find something that works for you, go with it!

PPI (All Antacid Medications)

Antacid medications such as Nexium, Protonix, Prevacid or Tums should not be required after your surgery. However, you may need to take some if symptoms develop.

For any further needs, please feel free to contact our office at any time.

Esophageal Soft Diet: ONLY day of and day after LINX Procedure

► Indication

This diet is used for patients who have had surgery on the esophagus and stomach.

► Description

This diet contains foods that are soft, easy to swallow and are not irritating to the esophagus.

It is important that foods consumed be smooth in texture to facilitate the movement of food through the swollen areas of the esophagus or stomach. Bread products that can expand with fluid are avoided entirely.

► Nutrition Adequacy

This diet meets the Dietary Reference Intakes (DRI) for most nutrients.

Food	Foods Allowed	Foods to Avoid
Beverages	All except alcohol	Alcohol
Breads	Pureed pancakes, waffles, French toast	All breads and sweet breads; rolls, biscuits, cornbread, saltine and graham crackers, dressing or stuffing. Breads and crackers containing coarse whole grains, bran, nuts or seeds
Cereals	Cream of Wheat and Rice, grits, oatmeal, Malt-O-Meal, cornmeal, puffed wheat, puffed rice, cornflakes and other refined cereals	Cereals containing coarse whole grains, bran, nuts, seed; i.e., bran flakes, shredded wheat, granola
Desserts	Gelatin desserts, fruit ices, smooth ice cream and sherbet, plain pudding, custard plain cakes, plain frosting	Pastries, pies and other desserts containing nuts, seeds, coconut, dried fruit, fruits with small seeds, plain cookies; pastries and pies without seeds, nuts or coconuts
Fats & Oils	Butter, margarine, mayonnaise, vegetable oil, mildly seasoned salad dressing containing allowed ingredients, plain gravies, cream sauces	Fried foods, highly seasoned gravy

Food	Foods Allowed	Foods to Avoid
Fruits	<p>All fruit juices. all baked, canned, cooked fruit (without seeds, membranes or tough skins), fresh ripe banana, peeled ripe apricot, peach, nectarine and pear</p> <p><i>Note: citrus fruit without membranes (oranges, lemons, limes, tangerines or grapefruit) may be irritating to the esophagus</i></p>	<p>All fresh and dried fruits with seeds or skins; i.e., grapes, dates and figs; fresh orange, grapefruit, tangerine, mandarin oranges, lemon, or lime sections with membrane</p>
Soup	<p>Creamed and broth-base soups using allowed ingredients</p>	<p>Any made with ingredients to be avoided, i.e., chili, bean soup, split pea, lentil, corn chowder</p>
Potato & Starches	<p>Potatoes: baked (no skin), boiled, scalloped or mashed potatoes, with gravy or sauce. Rice with sauce or gravy. Mashed sweet potatoes (no skin). Noodles, macaroni, pasta.</p>	<p>Any starch without sauce or gravy; fried potatoes, potato chips, wild rice</p>
Vegetables	<p>Canned or cooked vegetables without seeds or skins; artichokes, asparagus, beets, carrots, pureed corn, eggplant, green or wax beans, green peas, spinach, squash, tomatoes, mushrooms, pumpkin, pimento; all vegetable juices; tomato sauce and paste; iceberg or butter lettuce</p>	<p>All raw vegetables (except iceberg, butter lettuce), broccoli, Brussels sprouts, cabbage, celery, cauliflower, dried split peas, beans, lentils, whole or creamed corn, lima beans, onions, rutabaga, turnips</p>
Sweets	<p>Sugar, honey, molasses, syrup, jelly, plain candy, chocolate without nuts, coconut or dried fruit</p>	<p>Jams with seeds, marmalade, candy with nuts</p>

Food	Foods Allowed	Foods to Avoid
Miscellaneous	Butter, margarine, mayonnaise, vegetable oil, mildly seasoned salad dressing containing allowed ingredients, plain gravies, cream sauces, smooth peanut butter	Highly seasoned foods, condiments not tolerated by patient, mustard seed, pickles, popcorn, olives, nuts, coconut, crunchy peanut butter, chili pepper, garlic; all others not tolerated by patient
Meat, Fish, Egg, Cheese	Well-cooked tender lean beef, veal, lamb, liver, fresh port, fish and poultry with gravy or sauce or in soups; meat should be broiled, baked, stewed, roasted or creamed; meat may be ground or chopped, fish may be flakes; eggs (except fried); cooked beans; casseroles with ground or flaked meat, i.e., tuna noodle casserole; soft cheeses such as parmesan or ricotta, cottage cheese, cream cheese	Stringy or fibrous meats; shrimp, crab, lobster; highly cured, seasoned, smoked, pickled meats and fish (i.e., frankfurters, cold cuts, corned beef, sausage); fatty or tough meats; fried meat, fish, poultry; strong flavored cheeses; fried eggs, bacon, sausage; American, Cheddar, Jack, Swiss or Mozzarella cheese

Sample Daily Menu

Breakfast	Lunch	Dinner
½ c. Apple Juice	6 oz. Tomato Basil Soup	6 oz. Vegetable Soup
½ c. Cream of Wheat	3 oz. Roast Turkey with Gravy	4 oz. Turkey Meat Sauce
1 Scrambled Egg	½ c. Mashed Potatoes with Gravy	⅔ c. Pasta
1 Banana	½ c. Dilled Carrots	½ c. Green Beans
1 c. Low Fat Milk	½ c. Diced Peaches	½ c. Chocolate Pudding
6 oz. Coffee	16 oz. Iced Tea	1 c. Low Fat Milk
Sugar & Salt	Sugar & Salt	6 oz. Coffee
		Sugar & Salt