



LINX® Surgery Post-Op Diet

When Diet Starts:

- ◆ Typically the day of surgery
 - You want to activate the LINX band right away, allowing it to open and close with the passing of food
- ◆ Take a few sips of water before you take your first bite of food
- ◆ Sip water in between your first few bites of food
- ◆ Bites should be small in size and very well chewed
- ◆ Eat slowly

Continuous Meal Suggestions

- ◆ Small meals recommended
 - Start with 1 cup as total portion size
 - Increase size as it is comfortable in ¼ cup amounts
- ◆ Eat every 3-5 hours so that you don't get hungry
- ◆ Avoid taking large gulps/amounts of drinks at one time
 - This may cause tightness or discomfort
 - Stay hydrated with regular sips of water throughout the day
- ◆ Keep a drink nearby in case you need to sip with food
- ◆ Always try to take small bites, chew food well and eat slowly

10 Days After Surgery

- ◆ About 10 days after surgery, you may begin to notice discomfort while swallowing
 - Do not be alarmed
- ◆ Continue to eat solid or semi-solid food, use liquids to help foods pass
- ◆ AVOID going to a liquid diet
- ◆ If you do feel this discomfort know that the best thing to do is to continue eating regularly and to follow the dietary guidelines above
- ◆ If discomfort persists over several weeks or becomes severe contact your implanting surgeon

Tips

- ◆ Avoid eating bread crust, pasta, rice and pizza for 3 weeks
- ◆ Avoid eating steak, boiled chicken or any "tough" foods for 3 weeks
- ◆ If you want to eat any of these "tough" foods, moisten them in stews, with sauces or liquids
- ◆ If you feel nauseated right after surgery, eat bland foods like mashed potatoes, yogurt, chicken noodle soup, etc.