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LINX[®] Surgery Post-Op Diet

When Do I Start to Eat?

- 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.
- Eat soft foods the day of surgery. You can resume your regular diet the day after surgery.
- Take a few sips of water before you take your first bite of food.
- Sip water in between your first few bites of food.
- Eat slowly taking small bites of food and chewing foods thoroughly.

How Often Should I Eat?

- Small, frequent meals are recommended (every 2-3 hours) in order to exercise the LINX[®].
- To help prevent dysphagia, it is recommended that you eat 1 Tbsp. of yogurt, pudding, custard or applesauce *every* hour while you are awake.
- Avoid taking large gulps/amounts of drinks at one time as this may cause tightness or discomfort. Stay hydrated by drinking regular sips of water throughout the day.
- Keep a drink nearby in case you need to sip fluids with food. Warm beverages often help with the passing of food.

10 Days after Surgery:

- About 7-10 days after surgery, you may experience dysphagia. Do not be alarmed as this is normal. The dysphagia should resolve on its own within 12 weeks after surgery.
- Continue to eat solid foods and use liquids to help foods pass. Continue to eat 1 Tbsp. of yogurt, pudding, custard or applesauce *every* hour while you are awake.
- Do not switch to a liquid-only diet.
- If discomfort persists or if it becomes severe, contact your doctor.

Tips:

AVOID EATING BREAD CRUST, PASTA, RICE, AND PIZZA FOR THREE WEEKS AFTER YOUR PROCEDURE.

AVOID EATING STEAK, BOILED CHICKEN OR ANY TOUGH FOODS FOR THREE WEEKS AFTER YOUR PROCEDURE. IF YOU DO WANT TO EAT THESE FOODS, MOISTEN THEM IN STEWS, LIQUIDS, OR WITH SAUCES.