

Nutrition Guidelines

FOR LINX IMPLANT

DIET PROGRESSION

This progression will balance the short term post-operative texture recommendations with the essential task of exercising the LINX implant

Consume small meals every two hours throughout the day/evening. Eat upon awakening in the morning.

Consume two to four food items per meal. Choose from different food groups.

Do not serve beverages on ice, as this may cause the esophagus to spasm or tighten.

Follow the diet progression back to a normal diet - usually 1-2 weeks.

Take small sips of fluids with meals to assist in swallowing process

Step 1: Liquids and Soft Solids

Immediately after surgery, you will be given clear fluids. The nursing staff will advance your liquids and soft solids as you tolerate them, prior to leaving the Same Day Surgery area.

Soups/Sauces

- Any bouillon, broth, strained cream soups, smooth (non-acidic) vegetable and fruit juices

Milk Based

- Cottage cheese
- Yogurt
- Soft cheeses

Breads/Pasta/Cereal/Crackers

- Soda Crackers, saltines, graham crackers
- Well cooked cereals – malt-o-meal, cream of wheat, oatmeal
- Moist smooth potatoes, mashed, creamed or escalloped
- Refined rice or pasta with sauce, butter, or gravy

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Vegetables

- Cooked/tender vegetables
- Vegetable based sauces
- Mashed or pureed hot dishes/casseroles

Fruits

- Soft fruits without skins or seeds – can mash or puree
- Canned fruits
- Applesauce

Meats/Meat Substitutes

- Eggs
- Soft beans
- Processed lunch meats, canned chicken
- Soft fish without crispy breading, canned tuna

Length of time: 24-48 hours

Step 2: Regular Solid

Reminder: Take small bites and chew well. Utilize sips of fluids to assist with swallowing.

Milk Based

- Hard Cheeses
- Yogurt with fruit/nuts/coconut

Breads/Pasta/Cereal/Crackers

- Pretzels, chips
- Granola
- High fiber cereals
- Whole grain rice or pasta
- Potato skins, fried potatoes
- Thin crust pizza

Vegetables

- Fresh vegetables
- Salads
- Whole corn, peas
- Broccoli, cauliflower
- Brussel sprouts
- Green pepper, onion

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Fruits

- Dried fruits
- Fresh fruits

Meats/Meat Substitutes

- Breaded fish
- All meat textures

“Doughy” breads such as deep dish pizza crust and bagels can be more difficult to swallow during the healing period. Thick, sticky condiments of peanut butter like consistency may also be challenging during this time.

To avoid bloating and gassiness: limit carbonated beverages, fatty foods, raw vegetables, citrus fruits, fiber supplements, gum chewing, and the use of drinking straws and spouts.

***The full healing process is a minimum of 3-4 months. Most patients report feeling partially back to normal by 6-8 weeks post**

It is anticipated that you will experience some sensation of difficulty with swallowing, or that food may feel “stuck” at some point and time in your recovery. This commonly occurs at 4-6 weeks after the LINX implant. *This is expected and normal.* This will improve with exercising the implant and will resolve following the full healing process which can take several months.