

What to expect after surgery

Pain

It is very common immediately following surgery and is usually the worst during the first two days. It is very common to have pain or swelling near the esophagus. Some patients will have temporary spasming in their esophagus which causes pain while eating.

Restrictions

Please consult with your physician regarding restrictions on bathing, lifting, exercising, and a return to work and normal activities.

Diet

It is recommended to have soft foods the day of surgery and to start regular foods the day after surgery. Proper diet and the frequency at which you eat are the most critical factors in your recovery.

Post-Operative Appointments

It is important that you go to all of your follow up appointments with your physician after surgery so they can check the progress of your recovery. Write down any questions or concerns you have so you can bring it to the attention of your health care provider during these visits.

Implant Card

Your physician will provide you with a LINX® Implant Card. Please carry this card with you as a notification to care providers that you have received a LINX® System. If you lose this card, please contact your physician's office to receive a replacement.

MRI

If you are told you need an MRI procedure, please contact your LINX® physician. It is important to know which LINX® device you have. The LX models of LINX® are considered MR Conditional in a magnetic resonance imaging (MRI) system up to 0.7 Tesla. The LXM models of LINX® are considered MR Conditional in a MRI system up to 1.5 Tesla. Scanning under different conditions may interfere with the magnetic strength and function of the device. LINX® implants **PRIOR** to September 10, 2015 have the LX model. If your LINX® implant was **AFTER** September 10, 2015, contact your LINX® physician.

When to Call Your Doctor

After your surgery your physician will give you instructions on when to call. In general, contact your physician if you have:

- Fever over 100.4 degrees or signs of infection
- Increased abdominal pain
- Nausea or vomiting
- Persistent pain or difficulty with swallowing; inability to swallow
- Cough or difficulty breathing



POST-OPERATIVE PATIENT CARE

For more information on the LINX® Reflux Management System, contact your physician or Torax Medical, Inc.
For full patient information visit
www.toraxmedical.co.uk

Torax® Medical, Inc.
4188 Lexington Avenue North
Shoreview, Minnesota 55126, USA
info-ous@toraxmedical.com
Phone: 1 (651) 361-8900



Congratulations on your recent LINX® surgery. This guide is designed to help educate you on what to expect during the healing process following your surgery. It contains information on the following:

- What to expect after surgery
- Frequently asked questions
- Managing Dysphagia





This guide is meant to supplement information or instructions given to you by your physician. Please read this information carefully and consult your physician if you have any questions about the information provided here. In all cases, please follow the instructions of your physician.

FREQUENTLY ASKED QUESTIONS

Q. How does the LINX® System work?

The LINX® System is a small, flexible band of magnets enclosed in titanium beads that is placed around the esophagus just above the stomach. The magnetic attraction between the beads helps to keep the LES (lower esophageal sphincter) closed to prevent reflux. Swallowing forces temporarily break the magnetic bond, allowing food and liquid to pass into the stomach. Magnetic attraction between the beads closes the LES after swallowing, reinforcing the barrier to reflux.

Q. Will the magnets wear out?

No, the LINX® Reflux Management System uses permanent magnets that are designed not to wear out.

Q. Can I go through airport security?

The LINX® System should not affect airport security. It is recommended to always carry your Implant card to have available in the event an issue arises.

Q. Can I have an MRI?

If you are told you need an MRI procedure, please contact your LINX® physician. It is important to know which LINX® device you have. The LX models of LINX® are considered MR Conditional in a magnetic resonance imaging (MRI) system up to 0.7 Tesla. The LXM models of LINX® are considered MR Conditional in a MRI system up to 1.5 Tesla. Scanning under different conditions may interfere with the magnetic strength and function of the device. LINX® implants **PRIOR** to September 10, 2015 have the LX model. If your LINX® implant was **AFTER** September 10, 2015, contact your LINX® physician.

LINX Center Promotional Guide EMEA

Q. Should I expect some discomfort while swallowing?

It is normal and expected to have some level of discomfort or difficulty swallowing (dysphagia) following LINX® Surgery. It will normally begin seven to ten days after your surgery and slightly increase peaking at the six week mark. Then it will gradually resolve subsiding greatly after twelve weeks following your surgery.

MANAGING DYSPHAGIA

Q. What is dysphagia?

Dysphagia is defined as difficult and painful swallowing.

Q. When does dysphagia occur?

It is completely normal to experience some dysphagia during the two to twelve week post-surgery time period, with the majority of dysphagia occurring around six weeks.



Q. Why does dysphagia occur?

Dysphagia after the LINX® procedure is due to the healing process as the body grows tissue around the magnetic beads. As the new tissue moves and stretches around the device, some discomfort or difficulty swallowing may occur. This is a temporary condition that is a normal part of the healing process and will resolve with time.

Q. How can I manage the dysphagia?

Similar to the concept of doing physical therapy after a knee or hip implant, eating regularly is physical therapy for the LINX® implant after your surgery. Eating solid food causes the LINX® device to open and close every time you swallow and allows the tissue around the LINX® to heal properly. The best way to lessen the duration and intensity of dysphagia after LINX® surgery is by eating solid foods frequently. You will begin eating solid foods the day after your surgery or as advised by your physician. Think about eating five or six small meals a day. Another option is to eat three normal meals a day with a snack (like yogurt) in between each meal. Take small bites of food and chew thoroughly before swallowing. Contact your physician for advice or to discuss any concerns on managing dysphagia after surgery.

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.