



Laparoscopic LINX Surgery

Day After Surgery:

A soft diet for the second day after surgery will allow you to ease into solids. Moving forward a regular diet can be started. Our goal is to get you eating a normal diet right away.

Week 1-2 After Surgery:

During this period, we suggest the following; Small bites of food, Chew food VERY well, and to eat frequently. This is the physical Therapy stage. By eating frequently, you are exercising the device, every swallow of food would open and close the LINX, constant movement will allow the device to stay mobile.

Wound Care:

In most cases you will have 4 small incisions. You may remove the Band-Aids and shower on the day of discharge. Leave the white 'steri-strips' on the skin for the first week to improve the cosmetic result. There is no need to cover the incisions or put antibiotic lotions on them. It is not unusual for the area around each incision to feel bruised. However, if the incisions get red or begin to drain fluid more than 2 days after surgery please call us. Severe increase in abdominal pain, fever, shortness of breath or constant vomiting should be called to our attention.

Bowel Function:

The general anesthetic you received to do your surgery, pain medications, and bowel manipulation during surgery can result in sluggish bowel activity in after surgery. There is nothing about your surgery that prevents you from taking standard over-the-counter remedies for constipation after surgery. Time and lots of fluid tend to help as well. It is not unusual for some patients to feel bloated or distended in the first few weeks after surgery. It is not unusual to vomit once or twice in the first 24 hrs.

Return to Work:

There is no mandatory length of time that one must stay out of work after surgery. Persons who have more physically demanding jobs should give themselves more time to heal prior to returning to work, (usually 10-14 days). Patients with more sedentary or light-duty type of work can return to work prior to their first post-operative evaluation if they desire. We are happy to sign "work-excuse" notices for patients at the first post-operative appointment. We do not determine 'disability' status for our patients.

Pain Control:

Despite the small incisions, you have had a very complex surgery internally. Some pain and bruising in abdomen and groin is not unusual. The pain should steadily improve. Most of the pain is from swelling and bruising. As a result, anti-inflammatory medications like Advil/Motrin and Ibuprofen work very well. We encourage patients to take 2 or 3 of these tablets every 8 hours with some food during the first 5 days after surgery. You will also be given a prescription for a mild narcotic that will help reduce any additional pain.



Virginia Hernia & Heartburn Institute
Minimally Invasive... Maximum Benefit

Dr. G Kevin Gillian, MD FACS
Dr. Sophia Lee, MD FACS

Activity:

In most cases, common sense applies to daily activities. Please stay active but avoid straining yourself. It takes up to 6 weeks for the healing process to be complete. Daily walks and light aerobic exercises are encouraged. Remember, at the time of discharge you may be “*sore*” but you are not “*sick*”. It is OK to ride in a car, walk up stairs and go outside. In fact we encourage it. The faster people return to being active the less complications they have after surgery.

Post-Operative Care and Questions:

Please Call Dr. Gillian’s office for any concerns and for your post-operative appointment 7 to 10 days after surgery.