

PATIENT INFORMATION

LINX Anti-Reflux Surgery

Discharge Advice

What to expect after surgery:

Pain is common following surgery for a few days.

- Some people have spasms in their oesophagus which can cause pain when eating.
- You may experience some pain or discomfort around the wounds.
- Pain in the shoulders is common especially the right shoulder. This is caused by the gas that is used to inflate the abdomen. This usually settles within 24 hours.

It is important that you take regular painkillers e.g. with your breakfast, lunch, and dinner and before you go to bed. Some people will find that paracetamol is sufficient, however, you might be discharged with painkillers from the hospital. Please follow the instructions on the boxes and do not exceed the recommended dose.

An easy way of understanding your pain score is on a scoring system called a pain ruler of 0 1 2 3 4 5 6 7 8 9 10. When you leave hospital, it should be about 3 – 4, some patients have discomfort only. 0 = no pain ----- 10 is severe pain.

If your pain is severe (i.e scoring 10) and you have taken your painkillers and the pain lasts for more than 2 hours at this level please return to A&E so that we can examine you.

Diet:

- On the day of surgery eat soft foods.
- The day after surgery start to eat normal foods regularly. This is important to stretch the tissues around the magnetic beads which will help your recovery. You should try to eat 5-6 small meals each day or 3 meals with snacks in-between. Take small bites of food and chew well.

Dysphagia (difficulty or painful swallowing):

It is normal to have some dysphagia during your recovery period. It is temporary and will resolve over time. It is most likely to be at its worse 2-6 weeks after surgery and should be greatly reduced by week 12. This is caused when the tissues in the body grow around the magnetic beads. Eating solid foods will help exercise these tissues when the beads open to allow food to pass, this will help the natural healing process and help you recover more quickly.

Wounds:

Your wounds have been closed with dissolvable stitches; they will be absorbed between 3 and 6 weeks. Glue, has also been used to close the wounds, this will form a scab over the wound. The scab will fall off on its own in time. Occasionally you may have some bruising around your wounds. Do not worry they will disappear after a couple of weeks.

Please make an appointment with your practice nurse at your doctor's surgery if you are at all worried about your wounds.

Bowels:

You may suffer from constipation; this is common if you are on strong painkillers. Please take a laxative e.g. Lactulose, Fybogel, or Sennakot which can be purchased from your local pharmacist if you are unable to open your bowels easily. Some people will experience the opposite and experience some diarrhoea. If the diarrhoea is problematic please speak to your GP.

Daily activities:

- Please ensure you are taking a few deep breaths regularly to help prevent chest infections.
- You may shower 24-48 hours after your surgery.
- It is usual to feel tired following your operation, do not worry. This will gradually decrease. Build up gradually to your normal routine. Ensure you are mobilizing to reduce the risk of DVT's (blood clots in the legs).
- Avoid heavy lifting for 6 weeks.
- Returning to work will depend on your job. If your work does not involve heavy lifting, standing or walking for long periods then you may feel up to going back after 2 weeks. If your work is heavy then it is likely you will need to take 6 weeks off.
- Do not drive until you are able to move freely without any discomfort and are safe to perform an emergency stop. Please inform your insurance company about your operation before you return to driving to avoid invalidating your insurance.
- Sexual activities can be resumed as soon as you feel comfortable.
- Please continue to take your normal medication unless otherwise advised by your health professional. You should be able to stop your antacid medications (i.e Omeprazole, Lanzoprazole). Check with the surgeon who performed your surgery.
- Whilst travel is not advisable within 6 weeks of surgery, there should not be any issues when transiting airport scanners. Please carry your implant card with you as a precaution.

Implant card:

You will be discharged with an implant card which you are advised to carry with you to alert care providers that you have been fitted with a LINX device. If you lose the card, please get in touch with us.

MRI:

Important - If you ever need an MRI scan (Magnetic Resonance imaging), it is important to speak to your consultant before having the scan. The LINX beads are made of magnets and this may cause complications during an MRI scan for certain implants.

When to seek help:

You will have follow-up calls from the hospital but should you experience any of the following please either call the numbers below, your surgeon via their secretary or out of hours - 111.

- Fever or signs of infection.
- Increased abdominal pain.
- Nausea and vomiting.
- Persistent pain.
- Difficulty or inability to swallow.
- Cough or difficulty breathing.

If you are at all concerned, contact the **Specialist Nurses between the hours of 08.00-17.30 Monday to Friday. Tel 01803 654792** or bleep them through the hospital switchboard (01803 614567), ask for bleep 414.

If it is out of hours and an emergency please contact 111 who will direct you to an appropriate person.

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.