

Post-Op Hiatal Hernia with LINX

No heavy lifting for 6 weeks while your hernia repair heals.

If you develop uncontrolled vomiting or coughing that you cannot control, please let us know. In rare cases, the repair can be torn apart before it is able to properly heal if these symptoms are not controlled.

LINX

Solid food is better tolerated immediately following a hiatal hernia repair with placement of a LINX than with a fundoplication. Plan to eat a pretty normal diet with the following exceptions: Tough meats such as beef, pork, and chicken breast are usually difficult to chew sufficiently small enough to swallow early on and should be avoided for the 1st month. Breads and rice are also often difficult to swallow early on as they often glob-up into a hard ball when chewed and should be avoided for the 1st month.

The LINX needs to open periodically while your body is healing to maintain its mobility. Every 2~3 hours, while awake, you should chew and swallow something solid like a Fig Newton for the first 6 weeks after surgery (choose something similar if you don't like Fig Newtons).