

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. The LINX device is considered MR Conditional in a magnetic resonance imaging (MRI) system up to either 0.7-Tesla (0.7T) or 1.5-Tesla (1.5T), depending on the LINX model implanted. Scanning under different conditions may result in serious injury to the patient and/or interfere with the magnetic strength and function of the device.

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

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.

The LINX Reflux Management System is a laparoscopic, fundic-sparing anti-reflux procedure indicated for patients diagnosed with Gastroesophageal Reflux Disease (GERD) as defined by abnormal pH testing, and who are seeking an alternative to continuous acid suppression therapy (i.e. proton pump inhibitors or equivalent) in the management of their GERD.

Rx Only.

Contraindications: Do not implant the LINX System in patients with suspected or known allergies to titanium, stainless steel, nickel or ferrous materials.

Warnings: The LINX device is considered MR Conditional in a magnetic resonance imaging (MRI) system up to either 0.7 Tesla (0.7T) or 1.5 Tesla (1.5T), depending on the LINX model implanted. Laparoscopic placement of the LINX device is major surgery.

General Precautions: The LINX device is a long-term implant for use in patients 21 years or older. Medical management of adverse reactions may include explantation and/or replacement.

Potential Risks Associated with LINX System: belching, decreased appetite, device erosion, device migration (device does not appear to be at implant site), dysphagia (difficulty swallowing), flatulence, hiccups, inability to belch or vomit, infection, nausea, odynophagia (painful swallowing), pain, regurgitation, stomach bloating, weight loss, and worsening of preoperative symptoms.

For more information on the LINX Reflux Management System, contact your physician. For full patient information visit www.linxforslife.com or www.ethicon.com.

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LINX® Reflux Management System

Post Operative Care



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LINX® Reflux Management System Patient Guide

For Post-Operative Care

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

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. Discuss your post operative diet recommendations with your physician.

Frequently asked questions

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.

Will the magnets wear out?

The LINX Reflux Management System uses permanent magnets that are designed to not wear out.

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.

Can I have an MRI?

If you are told you need an MRI procedure please contact your LINX physician. The LINX device is considered MR Conditional in a magnetic resonance imaging (MRI) system up to either 0.7-Tesla (0.7T) or 1.5-Tesla (1.5T), depending on the LINX model implanted. Scanning under different conditions may interfere with the magnetic strength and function of the device.

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

What is dysphagia?

Dysphagia is defined as difficult and painful swallowing.

When does dysphagia occur?

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



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.

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.