

## Anti-Reflux Surgery Nissen Fundoplication or LINX® System

### Anti-Reflux Surgery

- Provides relief from heartburn and acid reflux by fixing the structural cause
- Laparoscopic surgery
- Pre-Operative Testing
  - Evidence of acid reflux (scope biopsy and special acid test)
  - Esophagus function test (swallow study and motility test)
- Recovery
  - Five - 14 days off work
  - Four - six weeks of no lifting greater than 20 pounds

Traditional Nissen Fundoplication	LINX® System
Wrapping of stomach around the esophagus	Magnetic bracelet implant
Traditional surgery	FDA approved device
90 – 120 minutes	60 – 120 minutes
No pre-authorization required (earliest availability)	Pre-authorization required (up to three months)
Large or small hiatal hernia	Large or small hiatal hernia
May be altered for swallowing problems	Must have working esophagus
MRI okay	Up to 1.5 tesla MRI
Recovery: <ul style="list-style-type: none"> <li>• Overnight hospital stay</li> <li>• Six-week progression of liquids, soft diet, then solids</li> <li>• No bread for eight weeks</li> <li>• Possibly no carbonation ever</li> </ul>	Recovery: <ul style="list-style-type: none"> <li>• Usually outpatient surgery</li> <li>• Regular diet; small, frequent solid meals</li> </ul>

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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