



# DeKalb Medical Physicians Group Surgical Associates

## **THYROID & PARATHYROID PRE-OPERATIVE INSTRUCTIONS:**

### **OFFICE VISIT:**

- Make sure your surgeon knows if you take any blood thinners: Coumadin, Warfarin, Plavix, Clopidogrel, Aspirin, Fish Oil or Vitamin E so that a plan can be made pre-operatively to pause these medications for a safe operation.
- Bring a list of your current medications to your visit

### **PREPARATIONS FOR SURGERY:**

- Make sure to complete registration for pre-operative medical clearance. You do not need to fast for preoperative bloodwork
- Stop blood thinners and vitamin supplements
- Check with office to make sure any deductibles, co-insurance, or payment plans in place
- Buy extra TUMS in case of any issues with post-operative calcium adjustment
- Give any required paperwork for time off from work/ FMLA to the office. Make sure to indicate when you plan to return

### **THE DAY BEFORE SURGERY:**

- Nothing to eat or drink after midnight tonight except medications with a sip of water.
- Pack hospital bag in the event that overnight stay is needed.

### **THE DAY OF SURGERY:**

- Leave all jewelry at home. Remove all piercings.
- Arrive at appointed time.

### **THE DAY AFTER SURGERY:**

- Start thyroid medication if prescribed. Take a pill first thing in the morning on an empty stomach.
- Notify office if you note significant bruising or swelling.
- You can shower on post operative day number one.
- If numbness and tingling of fingers or face occurs, take an extra dose of calcium. If this persists notify the office.
- Fatigue is normal. Rest.
- You may drive when you are no longer taking prescription pain medications and you are able to move your neck without pain.