



# ENDOCRINE & ONCOLOGIC SURGICAL ASSOCIATES

SPECIALIZING IN DISORDERS OF THE THYROID AND SURGERY FOR CANCER

## PREPARING FOR SURGERY

Your Surgical Date is \_\_\_\_\_

Arrive at this Hospital

- Denton Regional Medical Center (Main Hospital)  
3535 S. I35- E in Denton (940-384-3308)
- The Day Surgery Center at Denton Regional  
3316 Colorado Blvd in Denton (940-349-5500)
- Forest Park Medical Center  
5500 Frisco Square Blvd in Frisco (469-269-1402)
- Texas Health Surgery Center  
207 N. Bonnie Brae in Denton (940-383-7100)
- Texas Health Prebyterian Hospital  
3000 North I-35 in Denton (1-877-773-2368 press 2)

At this time \_\_\_\_\_

### GENERAL INSTRUCTIONS:

- Nothing to eat or drink after midnight the night prior to the surgery
- You may take home medications with a sip of water the morning of surgery
- It is especially important that you take any medications for blood pressure on the morning of surgery
- You may brush your teeth and apply deodorant
- If you have long hair, please braid to keep soap out of hair. Ponytails will not allow head to keep straight on pillow
- Leave all jewelry at home. Remove all piercings.
- Discontinue all blood thinners: Coumadin, Warfarin, Plavix, Clopidogrel, Aspirin, Fish Oil, Vitamin E. If you are unsure, ask.
- Cotton underwear may be worn to the OR for patients having surgery done above the belly button

### SPECIFIC INSTRUCTIONS:

- Make sure to complete registration at surgical site. You do not need to fast for preoperative blood work, if required
- Stop blood thinners and vitamin supplements
- Check with office to make sure any deductibles, co-insurance, or payment plans in place
- If you are going to be on thyroid medication post operatively, pick up script from pharmacy

- Buy extra Calcium + D vitamins (usually 600 mg tablets) and TUMS in case of any issues with post operative calcium adjustment
- Drop 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. Most patients do go home same day.
- Eat substantial snack late night. This is especially important if surgery time is later in the day tomorrow.
- Charge cell phone. Make sure cell stays on and that you answer it in the event of time changes for procedure.

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

- Shower. Deodorant and make up on the face are OK. Lotion is OK.
- Arrive at appointed time. Take into account traffic and time of day.

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

- Start thyroid medication if prescribed. Take a pill first thing in the morning on an empty stomach. You can drink whatever liquid with the pill. Wait at least 30 minutes before eating solid food.
- Expect neck to swell. This is normal. Notify office if you note bruising. Keep ice on the incision for at least 24 hours after surgery and limit strenuous physical activity
- Showers are OK. Driving is OK. The glue will lift off by itself after 1-2 weeks.
- If numbness and tingling of fingers or face starts, start Calcium regimen as given in post operative instructions. Notify the office if severe or if questions.
- Expect fatigue. This is normal.
- The office will call with your biopsy report and to arrange follow up appointment.