



**60 Doctors' Park  
Cape Girardeau, MO 63703  
Phone: 573.334.3074  
Fax: 573.335.8725**

### **THYROIDECTOMY/PARATHYROIDECTOMY**

#### **Incisions & Aftercare**

- You will have dermabond ( skin glue) over your incision. This usually stays on approximately 7-10 days. It does not require a dressing to be placed over the top of the incisions.
- Do not use Betadine, Hibiclens, alcohol, or hydrogen peroxide on the incisions unless you are instructed to do so. Do not apply neosporin or any other topical ointments or salves unless instructed to do so
- You may shower regularly. Let warm soapy water run over incisions, and pat dry with a towel
- Please do not soak incisions in water (tub bathing, hot tub, swimming, etc.) for two weeks after surgery.
- Drainage: a small amount of clear drainage from incisions is normal. Please call should this drainage become foul smelling, thick, or opaque

#### **Restrictions**

- You may drive once you are no longer taking pain medication and feel as though you can react quickly enough to prevent harm to yourself or others. We ask that you **do not** drive while taking any pain medication prescribed postoperatively
- Resume activity as tolerated. Walk around often ( at least every 1-2 hours) and also make yourself cough and breathe deeply frequently. A good rule of thumb is to take 10 deep breaths and cough every time a commercial comes on TV. You may go up and down stairs.
- **Lifting Restriction: No heavy lifting anything greater than 20 pounds for 2 weeks after surgery.**

**Any FMLA paperwork can be brought to the front desk at our office for completion or fax to 573-334-5554 attention to Kathy. For a work release, please call 573-334-3074 and leave a fax number along with the date that you are planning to return to work. *Please note: work releases will make note of your lifting restrictions.***

### **Medications**

- You will receive a prescription for pain medication before discharge. Please follow instructions on the label.
- If you are able to, you may also take 600-800mg of ibuprofen three times daily in addition to the prescription pain medication. Please take ibuprofen with food.
- Resume your home medications unless instructed otherwise. Questions about regular home medications should be directed to your primary care provider.
- If you experience constipation: take a mild laxative, such as Miralax, along with increasing daily fluid intake and increasing activity

### **Follow Up**

- A 2-3 week follow up appointment will be made for you before you leave the facility, please try to keep this appointment
- If the appointment made does not work for your schedule, please call our office at 573-334-3074 to reschedule



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The hospital or surgery center will call you to schedule pre-surgery testing. If you have not heard from them 24 hours prior to your surgery, please call the number listed.

**ST. FRANCIS MEDICAL CENTER** : 573-331-5111.

Report to the registration Center, which is located near the Emergency Room at ENTRANCE #4

**MERCY - SOUTHEAST** :573-334-4822

Report to Patient registration , just inside the main lobby entrance

**DOCTORS' PARK SURGERY:** 573-334-9606

Report to #30 Doctors Park

**PLEASE TAKE ALL CURRENT MEDICATIONS AND INSURANCE CARDS WITH YOU.**

There are no instructions for pre-surgery testing. The hospital or surgery center will notify you of your arrival time for surgery .

**DIET INSTRUCTIONS.:** Nothing to eat or drink after midnight .

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**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT  
573-334-3074**

**The following medications need to be stopped prior to surgery or  
procedures**

**Please let your surgeon know if you are taking any weight loss pills or injections**

**Stop the following medications 7 days prior to surgery:**

<b>Nsaids</b> :motrin, aleve, ibuprofen, diclofenac, Exerdrin	Meloxicam	Celebrex	Aspirin
BC Powder	Bufferin	Ecotrin	Effient
<b>Plavix</b>	<b>Warfarin / Coumadin</b>	Fish Oil	Florinal, Fioricet
Phentermine, adipex	Glucosamine	Soma CPD	Ginseng
Ginger	Garlic Pills	Trental	Plaquenil
Doan's Pills	Ginkgo	Persantine	Vitamin E

**Stop taking the following 5 days prior to surgery:**

<b>Brilinta</b>			
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**Stop taking the following medications 3 days prior to surgery:**

<b>Eliquis</b>	<b>Xarelto</b>	<b>Pradaxa</b>	<b>Edoxaban</b>
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**Stop taking the following 2 days prior to surgery:**

<b>Arthrotec</b>	<b>Pletal</b>		
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**Stop the following 24 hours prior to surgery :**

<b>Lovenox</b>			
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**Stop the following medications 14 days prior to surgery**

<b>Aggrenox</b>	<b>Feldene</b>	<b>Methotrexate</b>	
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**PLEASE TELL YOUR SURGEON IF YOU HAVE CARDIAC STENTS, PACEMAKER, DEFIBRILLATOR, OR HAVE HAD A HEART VALVE REPLACEMENT**