
Thyroid RFA and CellFX nsPFA Pre-Op Instructions

5-7 Days Before Your Procedure

Blood Thinners & Supplements

Discontinue the following medications or supplements as they may increase bleeding or interfere with anesthesia:

- Aspirin or aspirin-containing products (e.g. Alka-Seltzer, BC powder, unless otherwise advised by your physician).
- Baby Aspirin 81mg needs to be stopped 1 day prior to procedure
- Coumadin, Plavix or other blood-thinning agents.
- Supplements, herbal remedies, and vitamins (e.g. Vitamin E, Omega 3, Fish Oil, Flax
- Seed Oil, Garlic Pills, Black Cohosh, Ginseng, Ginkgo, Fen-phen, Saw Pimento, St. John's Wort, etc.)

Day of Procedure

Medications

- Mild anxiety medications are recommended and can be prescribed for you to take 15 minutes before the procedure. If requested, prescription will be sent to your pharmacy of choice at least one day in advance of your procedure for you to bring with you.
- Bring Ibuprofen or Tylenol with you to take after the procedure, if needed.

General

- Do not wear jewelry or makeup on day of procedure
- Wear loose cotton clothing. Shirt must have an open collar/neck line. Wear an old shirt as there is a possibility that the orange sterile prep used prior to the procedure could stain clothing.
- Wear or bring a pair of loose shorts with you as there will be grounding pads placed on your skin above the knee cap.
- Bring a hair tie (non-metallic) to eliminate any hair from touching your neck.
- Ice packs are very helpful after the procedure for minimizing discomfort.
- Be prepared to stay in our office for an hour after the procedure for observation.
- Pre-op pictures of the neck will be taken prior to the procedure unless refused by the patient.

*If you have any questions, please call our office at (602) 889-2924 and ask for Stephanie Smith RN.

Office: 602-889-2923 | Fax: 602-889-2925

ThyroidNoduleTreatment.com

2320 N. Third Street • Phoenix, AZ 85004