
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, a 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 Deirdre Farley, LPN.

Office: 602-889-2923 | Fax: 602-889-2926

ThyroidNoduleTreatment.com

2320 N. Third Street • Phoenix, AZ 85004