

A GUIDE TO ENHANCING YOUR RECOVERY AFTER SURGERY THYROID

This pamphlet is part of the Enhanced Recovery After Surgery (ERAS) program at MGH. ERAS is a standard practice for all surgical patients in the Mass General Brigham System and affiliated hospitals.

The included information is designed to help you understand and prepare for your surgery. Please review and ask any questions of your surgical team prior to the surgery.

ERAS is designed to keep you actively involved in your recovery prior to and after your surgery, with the overall goal for you to have a better surgical experience and get back to normal as soon as possible.

Each stage of this program is tailored to minimize your pain, avoid complications, allow for earlier resumption of food and activity, improve your recovery after surgery, and reduce the number of days you need to stay in the hospital.

Together, with your help, we can achieve these goals!

Your Surgeon's Name:

Your Surgeon's Phone #:

How You Can Help

WEEKS BEFORE SURGERY

- Continue or consider starting a daily **relaxation and stress management practice**, which is known to boost the body's immunity and aid in recovery. This may include exercise, meditation, yoga, and others.
- **Eat** a mixed healthy diet or follow a specific diet prescribed by your surgeon.
- It is strongly suggested that you **stop smoking completely** at least 3 weeks before your surgery. This will reduce the chances of lung complications during and after surgery and improve your recovery. If you would like more information on how to quit smoking, speak to your doctor, nurse, or pharmacist.
- **Plan ahead.** Arrange for someone to accompany you at the time of admission and at the time of discharge. Make prior preparations at home for your arrival after surgery. Make sure there is enough food and supplies. You should be able to walk and eat and care for yourself, but you may need some extra assistance initially from family or friends, especially to avoid strenuous tasks like laundry, cleaning, and grocery shopping immediately after your surgery.

7 DAYS BEFORE SURGERY

- **Stop** Vitamin E supplements.
- **Stop** all herbal supplements, especially krill, garlic, Ginkgo, and fish oil
- **Stop NSAIDS**, unless your surgeon has advised otherwise. This includes, but is not limited to, ibuprofen (Advil, Motrin), naproxen (Aleve, Anaprox, Naprosyn), and celecoxib (Celebrex).
- **Stop 325 mg of Aspirin** unless your surgeon has advised alternate dosing.
- You may continue with 81 mg of Aspirin daily and can take it the morning of surgery.
- **Inform your surgeon** if you take Xarelto, Coumadin, Plavix, Eliquis, or any other anticoagulants.

3 DAYS BEFORE SURGERY

- **Stay hydrated.** In the 72 hours prior to surgery, make sure you hydrate frequently with water, Gatorade, Powerade, Pedialyte, ClearFast, or other clear liquids.

2 DAYS BEFORE SURGERY

- **Continue to hydrate.**
- Make sure you have **20oz of Gatorade (no red)** on hand for the morning of your surgery.

1 DAY BEFORE SURGERY

- **Avoid** consumption of alcohol at least 24 hours (ideally, a month) before surgery.
- Follow your surgeon’s prescribed diet. If you do not have a prescribed diet, please eat and drink as you normally would.
- Make sure that you are well-hydrated.
- OK to eat breakfast, lunch, and dinner.

At 10 pm

- **Keep drinking clear liquids throughout the evening to stay hydrated.**
 From now on, drink **CLEAR LIQUIDS ONLY**

CONTINUE	STOP
<ul style="list-style-type: none"> ➤ water ➤ juices (clear and without pulp) <u>examples:</u> apple juice, cranberry juice, grape juice ➤ Gatorade (no red) ➤ black tea (no milk/cream) ➤ black coffee (no milk/cream) 	<ul style="list-style-type: none"> ➤ all solid foods ➤ chewing gum ➤ candy ➤ yogurt ➤ cream ➤ dairy-based drinks / smoothies ➤ milk ➤ soy milk ➤ nut milk, such as almond milk ➤ orange juice

Before going to bed

- Drink 20-24 ounces of Gatorade (no red)

DAY OF SURGERY

- You may have clear liquids (see table on prior page) up to no less than 2 hours before surgery.
- Take any permitted medications with 1-2 sips of water.
- If you are using any of these, bring them to the hospital:
 - inhalers or eye drops
 - your CPAP machine, mask, hoses

Starting 4 Hours Before Surgery and complete or stop no less than 2 hours before surgery.

- Drink 20 oz of Gatorade (no red)

No Less Than 2 Hours Before Surgery

- **Stop drinking completely.**
 - Do not have anything to drink at all or your surgery will be cancelled.
 - **If you have diabetes** and your blood sugar is low or you start to feel symptoms of low blood sugar, drink a clear liquid with sugar, such as apple juice, grape juice or regular soda. If this does not help, drink or eat any liquid or fluid that will raise your blood sugar.
 - **It is better to delay your surgery than to ignore a low blood sugar.**
- If you have forgotten to drink clear liquids, that is OK. Do not drink anything at this time – we will give you clear liquids through an IV when you arrive at the hospital.