

Gender-Affirming Surgery

Thyroid Cartilage Reduction

Pre-Operative Instructions

Kaiser Permanente Southern California

Updated September 2020

1. Your surgery _____ is scheduled on _____.
2. You will need to **HOLD YOUR ESTROGEN** before surgery. If you are taking estrogen,
 - In **pill** or **patch form**, **STOP 2 WEEKS** before your surgical date.
 - **Injections weekly**, **STOP 3 WEEKS** before your surgical date
 - **Injections every two weeks**, **STOP 4 WEEKS** before your surgical date

If you are currently taking Progesterone, STOP 2 WEEKS before your surgical date

If you are currently prescribed Spironolactone or Finasteride you may CONTINUE taking those medications.
3. If you are undergoing hair removal of the neck, stop electrolysis/laser hair removal at least **two weeks prior to surgery**.
4. Please reach out to your primary care physician and inform them of your surgical date. If your doctor has any concerns with you proceeding with surgery, they should be addressed before your pre-operative appointment.
5. Carefully read the General Surgery packet given to you with instructions about other medications, diet and check-in information. Visit kp.org/enhancedrecovery for information on Enhanced Recovery After Surgery.

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ACTIVITY

Please keep your head and neck elevated when lying down to help with swelling. Increase your activity gradually as you heal. We encourage you to walk at a gentle pace daily but be careful to not elevate your heart rate.

DRESSINGS

Follow your surgeon's wound care instructions carefully.

SHOWERING

It is very important that you DO NOT shower while the dressings are in place. You may take a sponge bath or sit in a bath and wash your lower and upper body. Please be very careful to keep the dressings dry.

DIET

After surgery you can eat a regular diet although you may want to start with soft foods first.

PAIN MANAGEMENT

You have been prescribed medication to help control your pain. The medication is to be used as prescribed and as needed. You must not drive until you are no longer taking narcotic pain medicines and you can move and react normally.

CONSTIPATION

Constipation is a common side effect of narcotic pain medications. You have been prescribed a stool softener called Colace (docusate). You should take this daily and drink plenty of water while you are taking pain medicine to prevent constipation and straining. Please stop if you are having loose stools or diarrhea.

HORMONES

You may restart your hormones after surgery.

HAIR REMOVAL

Please wait at least 2 weeks after surgery to resume hair removal.

Contact your surgeon if you have any of the following: excessive bleeding that won't stop, pain not relieved by prescribed medications, difficulty breathing, signs of infection: red streaks from incision, pus draining from incision, fever/temperature over 101.5 F

If you are having an emergency, please dial 911 or go to your nearest Emergency Room