

Thyroidectomy and Parathyroidectomy Post Op Instructions

These post-operative instructions are provided for our patients' convenience.

Wound Care

Your incision has been sutured with stitches below the skin which will dissolve in a couple of weeks. For added protection, I have placed steri-strips or Dermabond across the incision. Please leave your white steri-strips in place. They usually fall off by themselves within two weeks. You can gently shower the day after surgery. Try not to remove the steri-strips or Dermabond. Expect some swelling to become apparent early after surgery which will progressively disappear over 1 – 3 weeks.

Diet

Following surgery, gradually increase your dietary intake. Begin with a bland diet, such as chicken noodle soup, crackers, Gatorade or tea, and gradually work your way up to a normal diet.

Physical Activity

Please avoid lifting greater than 20lbs. for two weeks. Also avoid hyperextending or stretching the neck during exercise. This will give time for the wound to heal.

Medication

Resume all your home medications with the exception of aspirin and other anticoagulants. Aspirin and other anticoagulants should be discontinued for at least a week before and after surgery unless other arrangements have been made with your doctor.

Pain Control

You may experience transient sore throat, hoarseness, or mild difficulty swallowing – all of which should resolve with time. Please use the prescription pain medication given to you at the hospital. Be sure to take narcotic pain medication with food so as not to upset your stomach. Should you experience nausea during the post-operative period, this is usually related to the pain medication and can be treated by stopping the pain medication. You can gradually taper this over to Tylenol. If you have had no past problems with ulcer disease or gastrointestinal bleeding or allergies to aspirin, you can use Ibuprofen. Do not drive while you are taking a prescription pain medication.

Calcium

If you have been given a prescription for calcium, please use this as directed. You will be tapered off this during the post-operative period. Should you experience significant tingling around the mouth, face, or hands, this indicates you may need more calcium. Please call us at the office at (254) 230-1234.

Follow Up Visit

We like to see you within 5-14 days of your discharge from the hospital so that we may check your incision.

Special Attention

If you have temperature of 101 degrees, have persistent nausea, vomiting, significant swelling or any other problems which you think need medical attention, please call us at the office.

If you have any questions or problems, during normal business hours 8:00am-5:00pm, please call Dr Todd A. Moffatt's office at (254) 230-1234. If you are having a problem after hours, please call our office and press 2 to leave a message. Someone will return your call promptly.