

Thyroid

POST-OP INSTRUCTIONS

EAR, NOSE & THROAT
CONSULTANTS



PAIN: Take prescribed pain medication as directed. Transition to acetaminophen every 6-8 hours as tolerated within several days. While you are taking prescription pain medication, you may be prone to constipation.

Colace 100mg twice a day, or 1 cap full of Miralax daily, is advised (both of these are available over the counter).



DRESSING: You do NOT need to keep incision covered once you are discharged home, unless it is more comfortable that way. If skin glue is covering your incision, it will start to peel off within 1 week with normal

showering. If steri-strips are present, leave these in place – pat dry after showering – they will be removed at your follow up appointment if they have not already fallen off.



INCISION: Watch for increased swelling in the neck and/or changes in breathing. These symptoms could be a sign of bleeding inside. If you have difficulty breathing, you should go to the nearest

emergency room immediately. There will be normal swelling or a “lump” deep into and even above the incision. This is expected, and will go away with time.



SHOWERING: It's okay to get your incision wet 24 hours after surgery. Do NOT soak/submerge incision in tub, as this may prolong healing time.



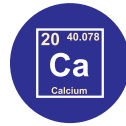
ACTIVITY: No heaving lifting or strenuous exercise for 2 weeks. Resume normal daily activities as soon as you feel able. NO bed rest. It's okay to drive once you are not taking prescription pain medication

and can move your neck side to side comfortably.



THYROID MEDICATION: If you had a total thyroidectomy, you will be prescribed thyroid medication to take on a daily basis. It is important to take this medication on an empty stomach.

Your surgeon or primary care physician will check your thyroid level approximately 4-6 weeks after surgery.



CALCIUM: If you had a total thyroidectomy or parathyroidectomy, you will likely be advised to take a calcium supplement until follow up in clinic. Signs of low calcium level include: tingling and numbness in your

lips and fingertips, and even deep muscles spasms. If this happens, take 2 Tums. If the symptoms do not resolve or immediately come right back, please proceed to the emergency room to have your calcium level checked.



PATHOLOGY: The tissue removed will be tested and reviewed by a pathologist. We may call with the results or discuss your final results at your follow up appointment.

WE ARE HERE FOR YOU

Please don't hesitate to contact our office at **605-217-4320**, if you have any questions or concerns. We are happy to assist you.

If you are unsure of an emergency and it is outside of business hours, please call the operator at Unity Point at **712-279-3500** and ask for the ENT on-call.

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