



DISCHARGE INSTRUCTIONS AFTER THYROID/PARATHYROID SURGERY

Incision:

- If clear skin glue is present over incision, leave it alone for one week. You may remove it thereafter.
- You may shower 24 hours after hospital discharge.
- Expect slight redness, swelling, and hardness around the incision. You may apply ice to the area during the first 48 hours after surgery.

Activity:

- Resume normal, nonstrenuous activity (walking, household chores, etc.) within 24 hours.
- You may climb stairs.
- You may drive 48 hours after your procedure if you're no longer taking prescription pain medication.

Diet:

- Consume soft diet (eggs, yogurt, etc.) for 48 hours.

Follow-Up:

- If your post-op appointment hasn't already been made, please call the office to schedule.
- Your doctor will need to see you in 2-3 weeks after surgery.

FAQ

- Pain medications, especially narcotics, can cause constipation, so drink plenty of fluids while you are taking them. You may take an over the counter stool softener or laxative for relief. You may also experience nausea if pain medication is taken on an empty stomach.
- It is common to have a sore throat from the breathing tube that was placed during surgery. This discomfort should diminish within 24-48 hours.
- You may experience low-grade fever (99-100 degrees) from decreased activity after surgery.
- Tylenol and Motrin are effective medications for mild to moderate pain. You may take them as directed.

Medications:

- If needed, take calcium supplements and Rocaltrol as instructed by your surgeon.

CALL THE OFFICE FOR PERSISTENT NUMBNESS AROUND LIPS OR TINGLING INVOLVING FINGERS.

PHONE: 678-894-2151