

# Aimee J.V. Mabini, MD, FRCSC

## Otolaryngology - Head & Neck Surgery

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### **POST-OPERATIVE INSTRUCTIONS**

#### **THYROID/PARATHYROID SURGERY**

***EXPECTED DATE  
OF DISCHARGE:***

1-2 days unless otherwise instructed by your doctor.

***NUTRITION:***

Normal diet.

***ACTIVITY:***

Avoid strenuous activities for 1 week.

***MEDICATION:***

Take the pain medication ordered by your doctor. If no prescription, take Tylenol 1-2 tablets every 3-4 hours, as you need them.

***HYGIENE:***

You may take a shower or bath 48 hours after your surgery. Do not worry if your incision gets wet. Pat the incision dry with a clean towel. Do not take off the dressing.

***DRESSINGS:***

No bandages will be required. You may have paper tapes over your incision. Remove paper tapes 7 days after your surgery.

***FOLLOW UP:***

You will have an appointment to see your doctor in a week or when the pathology report is in the office. We will contact you with this appointment.

***CONTACT YOUR DOCTOR OR GO TO THE EMERGENCY DEPARTMENT IF:***

1. Fever over 38.3°C or 101°F
2. Increased redness, swelling, or discharge from your incision
3. Spasms of the hands, feet or twitching of your muscles
4. Numbness in face and hands
5. Difficulty breathing
6. Increasing pain not relieved by your pain medication