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Thyroid Surgery Post-Operative Instructions

- Take your prescription medications as directed. If you have only mild pain you may take regular Tylenol but do not combine this with the prescription because the prescription pain medication also contains Tylenol. It may be more comfortable to crush your pain medicine and put it in yogurt or applesauce to make it easier to swallow.
- You will have a drain in place for the first few days. You need to empty the drain twice a day by opening the valve and discarding the contents in the trash. After emptying the bulb you need to squeeze the bulb and close the valve so that the drain will continue to provide gentle suction.
- You should have a follow-up appointment in 3-4 days to remove the drain in the office.
- Your neck and throat will be sore for about 1-2 weeks. You should eat soft food that is easy to swallow and be sure you are drinking plenty of fluids.
- You may wash your incision area after 48 hours.
- Do not take aspirin because it can cause bleeding.
- If you had your whole thyroid removed then you will need to take a thyroid replacement hormone medication every day. This will be given as a prescription.
- If you only had half of your thyroid removed then you typically do not need to take a thyroid hormone replacement medication.
- It is possible to have a drop in your blood calcium level. If this happens then the first symptoms include numbness of the fingers or lips. Muscle twitches, muscle cramps, anxiety, and palpitations are also possible. If you experience any of these symptoms you need to call our office number immediately.
- Also call if you have any of the following:
 - Fever greater than 101 deg F
 - Bulging swelling at the incision
 - Difficulty breathing
 - Difficulty swallowing
 - Any other concerns not addressed on this page
- If you need to go to the emergency room then please go to Medical City Las Colinas at 6800 N. MacArthur Blvd. Irving, Texas 75039.
- You should have a follow-up appointment 3-4 days after the surgery and again about 1 month after the surgery.
- Our office number is (972)253-4250