

POST-OP INSTRUCTIONS

THYROIDECTOMY

DIET

- Soft diet the day of surgery, then resume a regular diet as tolerated.

GENERAL INSTRUCTIONS

- Remove dressing the next day, if present, leave steri-strips intact for 1 week. If glue is present, do not remove for 1 week.
- May shower 24 hours after surgery, if a drain tube is not present. Gently rinse area, then pat dry. If there is drainage, then you may dress with sterile gauze.
- If you have a JP drain, then empty and record every 8 hours. When drainage is less than 30 cc in 24 hours, call the office to have drain removed. After the drain is removed you may shower.
- An ice pack may be used for 20 minutes per hour until swelling decreases.
- Call the office to make 1-week post-op appointment.

MEDICATIONS

- A prescription for pain medication will be prescribed for you.
- Narcotic pain medication may cause drowsiness or constipation. If constipation occurs, may take an over-the-counter stool softener or laxative as directed.
- Take Calcium Carbonate (Tums), Rocaltrol (Calcitriol). This will be determined by a lab in the recovery room and will be called into your pharmacy if needed. If needed take calcium carbonate (Tums) with food to help absorption.
- Take Levothyroxine as prescribed.
- Do not take Aspirin, Ibuprofen, or other blood thinners (Plavix, Eliquis, Coumadin, etc.) until cleared by your surgeon.

ACTIVITY

- Rest with head of the bed elevated to reduce pressure and swelling.
- No strenuous activity or lifting over 10 lbs until 2 weeks post-op.
- No driving while taking narcotic pain medication.

CALL THE DOCTOR IF ANY OF THE FOLLOWING OCCUR

- Numbness/tingling of the lips, or muscle cramps could be a sign of low calcium.
- Excessive pain, nausea, or bleeding.
- Persistent high fever longer than 24 hours after surgery.
- Excessive swelling causing pressure and/or shortness of breath.

Please contact our office with any additional questions.

Mid-Kansas Ear, Nose, & Throat Associates

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