

ENTRUST MEDICAL GROUP

Post-operative Instructions

Thyroidectomy

Thyroid surgery is performed under general anesthesia. You will be hospitalized for one night following your thyroid procedure. Your surgeon will see you in the recovery room and the morning after surgery to ensure that you are recovering well.

DIET

You may have liquids by mouth once you have awakened from anesthesia. If you tolerate the liquids without significant nausea or vomiting then you may take solid foods without restrictions. Generally patients experience a mild sore throat for 2-3 days following thyroidectomy. This usually does not interfere with swallowing.

PAIN CONTROL

Patients report mild to moderate neck pain for several days following thyroidectomy. This is usually well controlled with prescription strength oral pain medications. Please take the pain medication prescribed by your surgeon as needed. You should avoid non-steroidal anti-inflammatory drugs (NSAIDS) such as aspirin, ibuprofen, naproxen (Excedrin, Motrin, Naprosyn, Advil) because these drugs are blood thinners and will increase your chances of having a post-operative bleed into the neck tissues or neck wound.

ACTIVITY

Sleep with head elevated for the first 48 hours. You may use two pillows to do this or sleep in a reclining chair. No heavy lifting or straining for 2 weeks following the surgery. You should plan for 1 week away from work. If your job requires manual labor, lifting or straining then you should be out work for 2 weeks or limited to light duty until the 2 week mark.

WOUND CARE

Do not wash or manipulate the neck for 48 hours following the thyroidectomy. Mild redness and swelling around the wound is normal and will decrease over the next 2 weeks following surgery. If you have questions about the appearance of the wound you may ask your nurse or surgeon prior to discharge from the hospital. Allow soap and water to run over the wound. Do not scrub or manipulate the wound for 7 days. Do not soak the wound in a bath tub. Pat the area dry, don't rub it with a towel. The steri-strips over the incision will be removed by your surgeon 1 week after your surgery during your post-operative visit.

FOLLOW-UP APPOINTMENT

Your follow-up appointment in the office will be 1-2 weeks following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you not have the appointment made, please contact your surgeon's office when you arrive home from the hospital. At the post-operative visit, your steri-strips are removed and the pathology report will be reviewed. You may be asked to have a blood test to check your calcium level.

CONTACT YOUR SURGEON

- If you have difficulty breathing or progressive hoarseness
- Neck swelling or progressive difficulty swallowing
- Numbness or tingling in your fingertips or lips
- Muscle cramps or spasms
- Active bleeding from the wound
- Choking or coughing when drinking liquids
- Fever greater than 101F
- Purulent discharge (pus) coming from the wound
- Increasing redness around the wound

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