

## **POSTOPERATIVE INSTRUCTIONS THYROID SURGERY**

- You will start your thyroid replacement medication on the day after surgery.
- Use ice packs on incision during the first 2 days after surgery to reduce pain and bruising.
- Tape dressing (“steristrips”) should remain in place until day ~14 after surgery.
- It is OK to shower. Do not scrub the wounds.
- Call the office immediately if you have increasing neck swelling or difficulty breathing. This could be an emergency.
- Call the office for fever  $>101.5^{\circ}$  F, increased pain that does not resolve within 30 minutes or with taking pain medication, you are unable to swallow or your incisions become red and drain pus.
- Being active. Walking is a good thing! But, do not LIFT or SHOUT or STRAIN for the first week.
- Numbness and tingling in your fingers or toes or around your mouth can be a sign of low calcium. If this occurs, take 2 TUMS immediately and then call the office.
- Do not drive for the first week unless otherwise specified by your surgeon. Do not drive if you are taking narcotic pain medication.
- Follow up appointment is usually 2 weeks after surgery.
  - o We will want you to have your bloodwork drawn 2-3 days before your appointment so that we can review it during your visit