



## Thyroidectomy / Parathyroidectomy Postoperative Instructions

<b>Diet</b>	Regular diet and/or soft foods as tolerated. Stay well hydrated. A sore throat is common for up to 1 week, and softer foods are often easier to eat.
<b>Activity</b>	<ul style="list-style-type: none"> <li>• No heavy lifting or strenuous exercise for 2 weeks.</li> <li>• Sleep with your head elevated.</li> <li>• You may shower the day after surgery and wash your hair.</li> <li>• If you have a drain, care for it as instructed.</li> </ul>
<b>Expectations</b>	Sore throat, neck soreness with movement, and minor bruising and swelling around the incision are normal.
<b>Medications</b>	<p>Pain medication may be prescribed after surgery but can cause constipation. Drink fluids and consider prune juice or Miralax while taking pain medication.</p> <p>Follow all pain medication dosing instructions provided separately.</p>
<b>Calcium</b>	<p>If prescribed calcium and/or vitamin D after surgery, take these medications exactly as directed.</p> <p>Symptoms of low calcium include numbness and tingling around the fingers or lips and muscle cramps. Please call our office immediately if you experience these symptoms.</p>
<b>Wound Care</b>	<p>Skin glue on the incision will naturally peel away in about 2 weeks. Let water run over the incision in the shower, but do not scrub it.</p> <p>Do not soak in a bathtub or submerge the incision under water.</p> <p>If you have a drain, care for it as instructed.</p> <p><b>Call our office immediately</b> if you develop sudden or worsening neck swelling, significant bruising or bleeding from the incision, or difficulty breathing.</p>
<b>Thyroid Medication</b>	If prescribed thyroid hormone replacement, begin taking it the morning after surgery. Take it on an empty stomach and avoid food or other medications for 2 hours afterward.
<b>Contact</b>	Please contact our office with any questions or concerns: <b>(404) 252-7368</b>