



SOUTHWEST ENT

A S S O C I A T E S

EAR, NOSE & THROAT SPECIALISTS

POST-OPERATIVE INSTRUCTIONS THYROIDECTOMY

POST-OPERATIVE CARE:

After partial or total thyroidectomy, you will have a drain under the incision during which time you will be hospitalized. After this is removed, you will be discharged home (usually 24 hrs for partial and 48 hrs for total). There may be steri-strips or a dressing over the incision. These will remain in place as directed by your doctor. You may begin to get your neck wet in the shower or bath 2 days after surgery.

Your activity level should be restricted after thyroidectomy. You may begin walking immediately, but no weightlifting (more than approximately 20 lbs.) or exertional exercise for about 10 days.

WHAT TO EXPECT:

Postoperative pain is usually not severe, and you may take the prescribed pain medication as needed for pain. Pain can occur in both the incision area as well as at the back of the neck. After several days, you may switch to Tylenol as tolerated, but avoid aspirin, Advil and Motrin for at least 10 days after surgery because they can cause bleeding. Additionally, sleeping on 2-3 pillows to elevate the head after surgery will decrease the risks of swelling and bleeding. Take any prescribed antibiotic until it is gone to prevent infection.

You should make your doctor aware if you notice any of the following symptoms: fever over 101.5, numbness around the mouth and lips or in the fingertips, increasing swelling of the incision area, or shortness of breath.

FOLLOW-UP:

1st visit- about 1 week after surgery

2nd visit- as directed by your doctor

PLEASE DO NOT HESITATE TO CALL THE OFFICE IF ANY QUESTIONS OR PROBLEMS ARISE.

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