



POST OPERATIVE INSTRUCTIONS FOR THYROIDECTOMY

1. Elevate the head of the bed on 2-3 pillows for the first 3 nights after surgery.
2. Leave the steri strips on for seven days.
3. You may shower 24 hours after surgery if there is no drainage.
4. Avoid lifting, straining, stooping, or bending for the first 3 days after surgery. Resume normal activity as tolerated after this time period.
5. Call the office for redness which spreads away from the incision, if you have a temperature of 101.0 (or higher), or for increasing discomfort or swelling in the neck.
6. Call SURGICAL CONSULTANTS OF DALLAS if you develop symptoms of hypocalcemia (muscle spasms, cramps or numbness around the mouth)
7. Your surgeon will review your medication prior to you going home.
8. Call the office (972) 566-7860 the day after surgery for an appointment for drain removal in 24-48 hrs (if drain is present) or for follow-up appointment in 10-14 days.
9. If you have questions about your condition, please call (972) 566-7860 to contact SURGICAL CONSULTANTS OF DALLAS. This number will be answered by our office during business hours and connect with an answering service at night and on weekends.

***NOTE: Do not drive or engage in activity requiring full reaction while on any pain medication. Wait 8 hours after taking last pain pill to drive.**