

Instructions Following a Thyroidectomy or Parathyroidectomy

Activity:

- Limit your activity for the next 24 hours. You may then gradually resume your usual activities as you feel up to it.
- No heavy lifting or pushing, active sports, strenuous exercise, or heavy household work for two weeks. Objects that cannot be lifted with one hand are considered too heavy. You may walk and do light household activities.
- You may plan to return to work in 1-2 weeks, or as instructed.

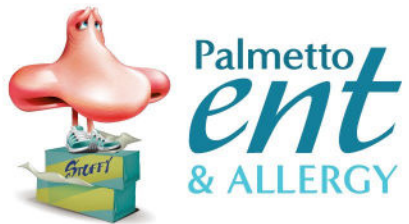
Medications:

- You can expect to have some pain the first several days. Take your prescription pain medicine as often as needed for pain. Some discomfort may persist for up to 1 week.
- Do not drive or operate heavy machinery while taking your prescription pain medications. It may make you drowsy. You may substitute Tylenol® or over the counter medication containing acetaminophen for your prescription pain medicine. If in doubt, ask your doctor or a pharmacist.
- Do not take aspirin, ibuprofen, naproxen or over the counter medications containing these medications for two weeks.
- You should resume taking all other medications, except as noted by your doctor.
- If you had your whole thyroid removed or had parathyroid surgery, you will be given calcium. If you experience numbness or tingling in your lips or fingers, take two additional pills every 30 minutes until it resolves. If it does not improve, call your doctor.

Diet:

- You should not have a heavy meal on the evening following surgery because of the effects of the general anesthesia. It is best to limit intake to soups and clear liquids.
- You may resume your previous diet, as tolerated, the day after surgery with no additional restrictions or changes.
- Drink plenty of fluids- 6 to 8 glasses of water or juices a day.

(continued on back)



Wound Care:

- You may bathe or shower as usual as soon as you would like after surgery. Do not scrub the incision but it is ok to get it wet. Do not pick at or remove the skin glue until 2 weeks after surgery.
- You can expect some pain when swallowing or difficulty talking for the first 1-2 days. If it lasts more than 2-3 days or is severe, call your doctor.

Call your doctor or go to the emergency room if you have:

- **A fever over 101.5°F**
- **Numbness or tingling in your hands, feet, or around your lips that does not improve with taking more calcium**
- **Cramping or spasms in your hands or feet**
- **Pain not relieved by your pain medications**
- **Active bleeding**
- **Trouble breathing**
- **Swelling around the incision or elsewhere in the neck**

Follow Up:

We will give you an appointment to return to Palmetto ENT & Allergy. It is important that you keep this appointment so that your doctor can be sure you are healing and to arrange any other care you might need.

- If you come from more than two hours away, you may not need to follow-up at Palmetto ENT & Allergy. It is possible that you will be able to follow-up with your endocrinologist or referring physician. If you are not sure, please ask.