

TOTAL THYROIDECTOMY / PARATHYROIDECTOMY DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- A small amount of swelling is expected
- Skin will be tender at the incision site
- If a drain is placed, bloody drainage is common and will reduce over the first 2 days. An appointment will be made to remove your drain.
- Keep your head elevated on 2 pillows while sleeping or resting, to help minimize swelling
- Hoarseness after surgery is possible. It usually resolves over time.
- Numbness and tingling around the mouth or muscle cramps/spasms may indicate low calcium levels. Please notify your doctor immediately.
- If a follow up appointment was not made the day of surgery, please call the office to make one

OPERATIVE SITE

- If skin glue was used to close your incision (shiny plastic like coating) no wound care is required
- If sutures close your incision, clean the incision with hydrogen peroxide and apply Vaseline ointment twice a day

ACTIVITY

- Do not drive for 24 hours
- Avoid vigorous activity or heavy lifting for 2 weeks
- You may shower after the drain is removed or 2 days after surgery if no drain
- Avoid tub baths or swimming until instructed by your doctor
- Smoking impairs healing and should be avoided

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription(s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.

PROBLEMS TO WATCH FOR

- Fever over 101.4
- Nausea/vomiting
- Increased swelling at the incision site
- Increased redness at the incision site
- Increased draining at the incision site
- Numbness and tingling around the mouth



TOTAL THYROIDECTOMY / PARATHYROIDECTOMY DISCHARGE INSTRUCTIONS CONTINUED

- Muscle cramps or spasms
- Irritated, scratchy, dry eyes

Call your doctor with ANY problems that concern you: Phone #(843) 766-7103. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient / Responsible Party

Nurse Signature