



Thyroidectomy Post-Operative Instructions

1. **Diet:** By the time you leave the hospital, you should be on a regular diet. If for some reason you are not, you will be given special dietary instructions at the time of dismissal from the hospital.
2. **Restricted Activities:** Avoid stretching your neck or rotating your neck too much. We do encourage gentle movement of your head and neck. Do not bend over or lift heavy objects for two weeks after the surgery. These activities can raise pressure in the blood vessels of the head and neck. For the first two weeks after surgery, do not exert or overheat yourself with exercise, yard work or other physical activity.
3. **Pain:** You will have mild to moderate pain. If needed, you will be discharged from the hospital with pain medication that will help to take the edge off the pain. Do not use aspirin after surgery until approved by your doctor.
4. **Sutures and Incisions:** Any sutures on the outside of the neck will need to be taken out during a post-operative visit in one to two weeks. To keep any incisions clean, gently wash the site with hydrogen peroxide and then antibiotic ointment (Neosporin or Bacitracin). You may cover external incisions with a gauze pad. Let us know if any drainage from the incision is discolored or looks like pus.
5. **Fever:** It is common for you to run a fever below 100 degrees. If you experience a fever above 100 degrees for more than a day or a fever of over 103 degrees for any period of time, call our office at **459-8824**.
6. **Time off work/school:** Because of the discomfort and the stress of surgery, you will need to take time off from work/school. The time off depends upon how you are feeling and the type of work you do. Your physician will advise you the amount of time to take off.
7. **Post-Operative Recheck:** We will need to see you in our office about one week after surgery to make sure that everything is healing properly and to remove any external sutures.

If you have any questions, please call our office at 459-8824.