



Post-Operative Instructions for Thyroidectomy

1. Your physician will advise you when to schedule your follow-up appointment after your surgery. He may instruct you to schedule an appointment one or two days after your surgery if you have a drain in place. Please keep this appointment.
2. **Diet:** It is important to drink plenty of fluids after your surgery. Your diet should consist of soft foods as tolerated. You should eat slowly and sit upright at meal time. Please report any difficulty swallowing to your physician.
3. **Activity:** Physical activity should be limited for about 1 week following your surgery. Your physician will advise you when you can return to normal activity
4. **General:** Please elevate the head of your bed or sleep on a couple of pillows for the first few days after your surgery
5. **Please report to your physician any of the following symptoms:**
 - a. Bright red blood on your dressing.
 - b. Any choking sensation.
 - c. Difficulty coughing and swallowing.
 - d. Any sudden increase in tightness of neck dressing.
 - e. Increased hoarseness (slight hoarseness is expected after your surgery).
 - f. Difficulty speaking or breathing.
 - g. Any numbness or tingling of your fingers, toes or lips.
6. **Pain:** A prescription for pain medication will be given; take as directed. If you do not need the prescribed medication and want to take an over-the-counter medication, only take Tylenol. Do not use Aspirin products or Ibuprofen (Motrin, Aleve or Advil). Do not take Tylenol with your pain medication. You may alternate Tylenol with your pain medication providing you wait 4-6 hours between doses.

**PLEASE DO NOT HESITATE TO CALL OUR OFFICE IF YOU ANY
QUESTIONS OR PROBLEMS. 410-760-8840**