

Thyroidectomy

Disclaimer: *The following information should not be considered medical advice or a substitute for a consultation with a physician. If you have a medical problem, contact your physician for diagnosis and treatment.*

General Anesthetic: After a general anesthetic, you may experience some weakness, dizziness, and sleepiness. A responsible adult must stay with you for 24 hours because of the effects of the anesthesia. Adults should not drive a car, operate dangerous machinery, or make important or legal decisions for 24 hours after anesthesia or while taking pain medications.

What to expect: If your wound is covered by surgical tapes, leave these tapes alone until directed by your physician to remove them. If your wound has exposed stitches, then follow these instructions: Wash your hands, clean the wound with hydrogen peroxide and apply antibiotic ointment twice daily. Polysporin and Neosporin ointments, which are available over-the-counter are appropriate to use.

Diet: Start with clear liquids. You may resume your previous diet as tolerated.

Hydration: This is very important during the recovery period and will help the healing process. Avoid alcoholic beverages with cause dehydration and thickening of mucous.

Fever: It is not uncommon to run a low-grade fever, which can be expected after surgery. A fever below 101.5 degrees often clears and should not cause concern. This is probably the results of mild dehydration and the healing process. Please call us for elevated or persistent fever ($>101.5^{\circ}$ for 2 days).

Medications: Take all antibiotics, if prescribed by your physician. Discomfort is usually relieved by a prescription pain medication or Tylenol or Extra Strength Tylenol. If a stronger pain reliever is prescribed, follow the directions carefully.

Do not take aspirin or products containing non-steroidal anti-inflammatory medications (i.e. ibuprofen). These “thin the blood” and slow blood clotting.

Special Instructions: You may spend the night in the hospital. Your provider may remove any drains the day following surgery. Once you are home, apply a thin layer of one of the following ointments to the incision site twice a day: Neosporin, Bacitracin or Polysporin. Keep your head raised 30 degrees when you are lying for 48 hours after surgery.

Activities: Avoid strenuous exercise or lifting over 5 lbs. for 2 weeks. You may return to work or school 7 days after surgery, or as instructed by your physician.

Follow-up: The post operative appointment will be with your physician one week after surgery. Biopsy results will be discussed during the post-op visit.

Contact your physician if you experience

1. Excessive bleeding.
2. Persistent severe pain not relieved by medication.
3. Elevated or persistent fever ($>101^{\circ}$ for 2 days). Fever for 2 days after surgery is normal.
4. Vomiting after stopping prescription pain medications, or reaction to the post op medications.



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