



## S U R G I C A L   A S S O C I A T E S   O F   G A D S D E N

*Post-operative instructions for*

# Thyroid/Parathyroid Surgery

### **Diet**

1. It is ok to resume a regular diet without restrictions as tolerated.

### **Activity**

1. It is ok to climb stairs, walk to the mailbox, etc. as tolerated.
2. Do not drive until you are off narcotic pain medication and able to steer, press the brakes, etc. without pain.
3. Do not lift over 20 lbs. for six weeks from the surgery date.

### **Wound care**

1. It is ok to remove your dressing and shower on the second day or 48 hours after your surgery. Pat the incision dry with a towel and leave uncovered. Do not remove any small white steri-strips.

### **Follow-up**

1. Follow-up in the office in 7-14 days for staple removal/post-op. This appointment should be in your black folder given to you in the office. If your appointment was after-hours and you did not receive a black folder, the office should call you with a post-op appointment, if they do not, please call us to schedule one.
2. Call the office for any of the following:
  - nausea or vomiting
  - inability to drink liquids
  - difficulty breathing , swallowing, or talking
  - fever > 101.5°
  - pain unrelieved with prescribed pain medication
  - wounds that are red or draining fluid

**Low calcium can develop temporarily after thyroid or parathyroid surgery.**

If you develop any numbness or tingling around the mouth or in your hands, take 4 or 5 TUMS or other calcium-containing antacid. Repeat with 4 or 5 more TUMS if needed. If the symptoms persist, call the office.

You must consult with your physician upon your post operative appointment regarding returning to work.

*Please feel free to call for any questions or concerns!*