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Sinus Disorders  
Pediatric ENT Care  
Ear Injuries & Disorders  
Thyroid Problems  
Hearing Loss  
Facial Plastic Surgery  
Voice Disorders  
Acid Reflux

## Thyroidectomy/Parathyroidectomy/Thyroglossal Duct Cyst Excision

### Diet

Patients may resume a regular diet without restrictions. Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.

### Activity

Light to moderate activity as tolerated is permitted. Patients may carefully turn the head from side to side and look up and down without undue worry about stitches. Heavy lifting, straining, and strenuous exercise should be avoided for at least one week following surgery.

### Pain

- Neck pain and neck stiffness are to be expected. Your physician may prescribe a narcotic pain reliever. You may use this as prescribed for severe pain.
- Do not drive while taking narcotic pain medications.
- Acetaminophen (Tylenol) may also be used for mild-to-moderate pain. DO NOT use aspirin or over-the-counter ibuprofen (Advil, Aleve, Motrin) as these can increase the risk of bleeding.
- Narcotics may cause constipation; stool softeners such as docusate sodium (Colace) can be helpful for this.

### Medications

- Patient should resume all regular medications after surgery. For at least a week following surgery, DO NOT use aspirin or over-the-counter ibuprofen (Advil, Aleve, Motrin) as these can increase the risk of bleeding.
- Thyroid replacement medication: After a total thyroidectomy, a thyroid hormone replacement pill is necessary. Your physician will prescribe a starting dose for this medication. The dosage may need to be adjusted and is usually monitored by your primary care physician or endocrinologist.
- Calcium: After a total thyroidectomy, your physician will recommend taking calcium supplements such as Tums for a few weeks. Call to speak with our nurse to report symptoms of tingling or numbness of the fingertips or around the mouth. These are signs of hypocalcemia (low calcium in the blood) and require further testing and treatment.

### Wound care

- Please contact our office if any redness, increased swelling, or increased pain develops at the surgery site.
- Patients may shower or bathe normally. It is okay to get water on the incision but do not submerge underwater for at least a week. If you have stitches, they may get wet. If you have a plastic bandage over your incision, you may get this wet also.

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## Thyroidectomy/Parathyroidectomy/Thyroglossal Duct Cyst Excision (continued)

### **Nausea/Vomiting**

Some patients may experience nausea and/or vomiting after surgery. Your physician may prescribe medication for nausea. Please call to speak with our nurse if you need help managing nausea or vomiting.

### **Fever**

Please call the office if your temperature is greater than 102°F.

If you have any questions or concerns, please call the office and ask to speak with the nurse.