# THYROIDECTOMY INSTRUCTIONS
## FOR PATIENTS GOING HOME AFTER SURGERY

**OPERATION:** THYROIDECTOMY

**WOUND:** Some swelling expected. Steristrips to be removed in the shower 7-10 days after surgery or at your follow-up appointment. No bandage needed.

**DIET:** As desired unless otherwise directed by your physician.

**MEDICATION:** Resume previous medications, if any. Aspirin can be restarted 48 hours after discharge. If thyroid cancer or total thyroidectomy, please consult further with your physician regarding thyroid and calcium supplementation.

**PAIN:** 2 Tylenol caps every 4 hours as needed, or as prescribed. No ibuprofen or aspirin. Throat lozenges or Chloraseptic spray as needed for throat pain.

**ACTIVITY:** Rest today, resume full activities tomorrow.

**MOVEMENT:** Neck movements are encouraged: up, down, and side to side.

**BATHING:** Taking a shower, washing hair with shampoo and water is OK after 24 hours of surgery. Pat dry, **DO NOT RUB**.

**THINGS TO LOOK FOR:** Numbness around the lips and tingling in hands or feet may reflect low serum calcium levels.

**TO DECREASE THESE SYMPTOMS IF THEY OCCUR:** Take 1-2 Tums tablets, 3 times a day, if any tingling. If this does not relieve your symptoms, please call our office.

**FOR PHYSICIAN HELP/ OR OTHER QUESTIONS:** Contact Dr. Melanie Goldfarb or Dr. Stephen Sener at 323-865-3535 or 323-865-3968 during office hours. On evenings and weekends call 323-865-3535 to receive further instructions on contacting the doctors.