

POSTOPERATIVE INSTRUCTIONS FOR THYROID SURGERY



Total thyroidectomy is performed under general anesthesia. You will be admitted to the hospital for an overnight stay and usually be discharged home the following day. You will likely have a drainage tube coming out the skin near the incision. This may be removed before you go home or may stay in for 1-2 additional days depending on the amount of drainage.

Postoperative medications: Take all of your home medications except for blood thinners or aspirin. You will be given a prescription for pain medication and possibly for calcium carbonate (TUMS) at the time of discharge.

Diet: There are no dietary restrictions after sinus surgery.

Activity: Do not engage in any strenuous activity for 2 weeks after surgery. You may be more comfortable if you sleep with several pillows or your head of bed elevated for several days. Do not drive while taking prescription pain medications.

Things to expect: Mild to moderate pain at the site of the incision

When to call:

1. Fever greater than 102 F
2. Increasing tingling or numb sensation of the fingers or around the mouth
3. Uncontrollable or severe pain
4. Increasing swelling, discoloration, or redness of the surgical site
5. Shortness of breath