



DeKalb Medical

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POST OPERATIVE INSTRUCTIONS FOR THYROIDECTOMY

These are some comments about the operative procedure which will help you understand the postoperative phase. Please call the office if you have other questions, or are unsure about any phase of your recovery.

- ACTIVITIES:**
- Avoid any exertion other than walking until you come to the office for your postoperative appointment. You may be as active as you like after the first two or three days, but you should not attempt to drive a car while you are taking any pain medication, or if you are distracted by discomfort in the surgical area.
- WOUND CARE and BATHING:**
- There will be some degree of swelling in the neck area, as well as numbness in the upper part of the area. This will reduce in time.
 - Often an ice pack over the dressing will help with discomfort and swelling during the first day or two after the surgery.
 - You will have a dressing over your incision. This is surgical glue which will adhere to the skin well enough that you may shower. Do not remove the glue at home. The longer it stays on the better the incision will look.
- MEDICATION**
- **Your operation is not painless.** Take the pain medication as you need it and as instructed. If you have required much pain medication, you may become constipated as a side effect. Stool softeners can help prevent this. Use any brand you like. If you require other medication for your procedure, you will be given a prescription for this prior to leaving the hospital.
 - Generally you can resume taking medications you usually require.
 - Swallowing pills will not be a problem, but sometimes it is necessary to wash medication down with fluid, one pill at a time.
- RETURN TO OFFICE**
- Call today for your postoperative appointment in 7 days. Our office phone number is **404-501-9170**.

Call your physician if you have unusual symptoms such as bleeding, swelling, burning, abnormal discharge, bladder or bowel problem, extreme pain, vomiting, prolonged nausea, temperature over 100.4 degrees Fahrenheit.

DO NOT HESITATE TO CALL IF YOU ARE HAVING ANY DIFFICULTY AND/OR QUESTIONS.