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## **POST OPERATIVE INSTRUCTIONS FOR THYROID/PARATHYROID**

- **YOUR INCISION IS CLOSED WITH A DISSOLVABLE SUTURE. A PAPER BANDAGE WILL BE DIRECTLY COVERING THE WOUND. THIS WILL BE REMOVED AT YOUR FOLLOW-UP VISIT. YOU MAY SHOWER THE DAY AFTER SURGERY. YOUR INCISION WILL BE FIRM, PINK AND RAISED OVER THE NEXT COUPLE OF WEEKS. THIS WILL EVENTUALLY SOFTEN. MILD BRUISING IS TO BE EXPECTED OVER THE LOWER NECK OR UPPER CHEST. THIS WILL RESOLVE WITHOUT FURTHER CONCERN. YOU MAY EXPERIENCE NECK PRESSURE OR TIGHTNESS WHEN SWALLOWING FOR THE FIRST COUPLE OF MONTHS. THIS WILL COMPLETELY RESOLVE.**
- **YOU MAY RESUME NORMAL ACTIVITIES AFTER ONE WEEK. NO STRENUOUS ACTIVITY FOR THE FIRST WEEK. DELAYED BLEEDING COMPLICATIONS CAN OCCUR. IF YOU EXPERIENCE ANY SIGNIFICANT NEW SWELLING OR PAIN, CALL THE OFFICE IMMEDIATELY.**
- **PAIN SHOULD BE MINIMAL AFTER YOUR PROCEDURE. POST OPERATIVE COMPLAINTS GENERALLY CONSIST OF PAIN WITH SWALLOWING OR A NECK ACHE. PAIN IS OFTEN ADEQUATELY CONTROLLED WITH **IBUPROFEN (400-600MG)** OR **TYLENOL (650MG)** EVERY **4-6 HOURS AS NEEDED**. IF THESE MEDICATIONS ARE NOT SUFFICIENT, DO NOT HESITATE TO USE THE NARCOTIC PAIN PILLS AS PRESCRIBED. BE SURE TO USE AN OVER THE COUNTER STOOL SOFTENER SUCH AS COLACE OR DUCUSATE IF USING PRESCRIPTION PAIN MEDICATIONS.**
- **YOUR VOICE WILL OFTEN APPEAR HOARSE IMMEDIATELY AFTER SURGERY. OTHER PATIENTS EXPERIENCE VOICE "FATIGUE" AT THE END OF THE DAY. THIS WILL USUALLY RESOLVE WITHIN 2-3 MONTHS.**
- **HYPOCALCEMIA (LOW CALCIUM LEVEL) IS A COMMON COMPLICATION OF THYROID OR PARATHYROID SURGERY. SYMPTOMS MAY INCLUDE NUMBNESS OR TINGLING AROUND YOUR LIPS OR IN YOUR FINGER TIPS. SOME PATIENTS MAY EXPERIENCE MUSCLE TWITCHING, HEADACHE OR "SKIN CRAWLING". THIS WILL USUALLY OCCUR WITHIN 2-3 DAYS AFTER SURGERY. TREATMENT IS WITH 3 TABLETS OF TUMS 3 TIMES DAILY. HAVE THESE ON HAND PRIOR TO RETURNING HOME FROM THE HOSPITAL. PLEASE NOTIFY THE OFFICE IF YOU EXPERIENCE THESE SYMPTOMS. IF SYMPTOMS DO NOT RESOLVE WITH TUMS, CALL THE OFFICE AND HAVE THE PHYSICIAN PAGED AT 303.449.3642. THESE SYMPTOMS SHOULD RESOLVE WITHIN 7-10 DAYS. LEVELS WILL BE CHECKED PERIODICALLY AFTER SURGERY.**
- **THYROID PATIENTS: THYROID SUPPLEMENTATION – IF YOU WERE TAKING THYROID SUPPLEMENTATION PRIOR TO SURGERY, CONTINUE YOUR CURRENT DOSE UNLESS INSTRUCTED OTHERWISE. IF YOU WERE NOT TAKING THYROID HORMONE PRIOR TO SURGERY, YOU MAY BE GIVEN A NEW PRESCRIPTION. THYROID HORMONE LEVELS WILL USUALLY BE CHECKED 4-6 WEEKS AFTER SURGERY. LEVELS OFTEN DO NOT STABILIZE FOR UP TO 6 MONTHS AFTER SURGERY.**
- **PARATHYROID PATIENTS: YOU WILL NEED TO HAVE A CALCIUM LAB DRAWN 1-2 DAYS PRIOR TO YOUR POST-OP VISIT. PLEASE STOP CALCIUM SUPPLEMENTS 2-3 DAYS BEFORE THIS LAB.**
- **IF YOU EXPERIENCE **FEVERS GREATER THAN 101 DEGREES FAHRENHEIT, CHILLS,** OR ANY DRAINAGE OTHER THAN A THIN RED COLOR FLUID, PLEASE CALL THE **OFFICE AT 303.449.3642.****
- ****DRIVING** MAY BE **RESUMED** WHEN **OFF** ALL **NARCOTIC** PAIN MEDICATIONS AND YOU CAN **TURN OR TWIST** YOUR BODY **WITHOUT** HESITATION. DO NOT HESITATE TO MOVE YOUR HEAD AFTER SURGERY.**
- ****SCHEDULE** A POST-OPERATIVE **VISIT 7-14 DAYS** AFTER SURGERY IF ONE HAS NOT BEEN ARRANGED BEFORE SURGERY. PLEASE CALL THE **OFFICE AT 303.449.3642.****