

Center for Endocrine Tumors and Disorders

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POST - THYROIDECTOMY INSTRUCTIONS

- OPERATION:** THYROIDECTOMY
- WOUND:** Some swelling expected. Use Ice pack for first 24 hours. Steristrips can be removed in the shower 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 your entire thyroid was removed, you will be started on thyroid hormone and prophylactic calcium supplementation (tums).
- 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. Ice cream and Frozen Yogurt are great!
- 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 at 310-829-8751 during office hours. On evenings and weekends ask for Dr Goldfarb or the surgical oncology fellow.