



THYROIDECTOMY POSTOPERATIVE INSTRUCTIONS

Call our office if

- 1) Fever is greater than 102.
- 2) Bleeding occurs.
- 3) Surgical area becomes red, swollen, warm to touch, or drains pus.
- 4) Patient vomits more than twice in a 24-hour period.
- 5) Patient becomes listless, hard to arouse.
- 6) Urine changes color, especially if it becomes cola-colored.

Follow your surgeon's instructions regarding

- 1) Diet as tolerated, unless instructed otherwise.
- 2) Drink plenty of fluids.
- 3) Wound Care:
 - Keep incision clean and dry.
 - Avoid tension or pulling at stitches.
 - Coat suture line gently with Polysporin as instructed by the physician.
 - Please DO NOT use Neosporin.
 - Change dressing as ordered by the physician.
 - If steri-strips have been applied to the operative site, they will fall off by themselves.
- 4) Avoid blood thinners such as Aspirin, Coumadin, Heparin, Plavix, and Eliquis. You will need to discuss being off this medication with the physician that prescribes it. They will determine how long you can hold this medication before and after surgery.
- 5) Avoid strenuous activities or becoming overheated for 14 days following surgery.

Pain Management

- 1) If given a prescription for narcotic pain medication, you can alternate with Motrin 600mg every 3 hours.
- 2) If no narcotic is given, or if you prefer not to take the narcotic, you can alternate Tylenol 500mg with Motrin 600mg every 3 hours.

Please contact our office at 478-743-8953 if you have any questions or concerns.