



# Thyroid

## Post-Op Instructions



**PAIN:** Take prescribed pain medication as directed. Transition to acetaminophen every six to eight hours as tolerated within several days. While you are taking prescription pain medication, you may be prone to constipation. 8.6mg of Senna, twice a day, or one full cap of Miralax per day, is advised (both of these are available over-the-counter).



**DRESSING:** You do NOT need to keep incision covered once you are discharged home, unless it is more comfortable that way. If skin glue is covering your incision, it will start to peel off within one week with normal showering. If steri-strips are present, leave these in place—pat dry after showering—they will be removed at your follow-up appointment if they have not already fallen off.



**INCISION:** Watch for increased swelling in the neck and/or changes in breathing. These symptoms could be a sign of bleeding inside. If you have difficulty breathing, you should go to the nearest emergency room immediately. There will be normal swelling or a “lump” deep into and even above the incision. This is expected and will go away with time.



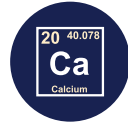
**SHOWERING:** It’s okay to get your incision wet 24 hours after surgery. Do NOT soak/ submerge incision in tub, as this may prolong healing time.



**ACTIVITY:** No heaving lifting or strenuous exercise for two weeks. Resume normal daily activities as soon as you feel able. NO bed rest. It’s okay to drive once you are not taking prescription pain medication and can move your neck side-to-side comfortably.



**THYROID MEDICATION:** If you had a total thyroidectomy, you will be prescribed thyroid medication to take on a daily basis. It is important to take this medication on an empty stomach. Your surgeon or primary care physician will check your thyroid level approximately four to six weeks after surgery.



**CALCIUM:** If you had a total thyroidectomy or parathyroidectomy, you will likely be advised to take a calcium supplement until follow up in the clinic. Signs of low calcium levels include: tingling and numbness in your lips and fingertips and even deep muscle spasms. If this happens, take two Tums. If the symptoms do not resolve or immediately come right back, please proceed to the emergency room to have your calcium levels checked.



**PATHOLOGY/FOLLOW UP:** The tissue removed will be tested and reviewed by a pathologist. We may call with the results or discuss your final results at your follow-up appointment. You will be called the day after your surgery by one of our nurses to see how you are doing. You will need a follow up appointment in 7-10 days.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our nursing staff at **518-701-2085**, if you have any questions or concerns. We are happy to assist you.