



## AFTER SURGERY INSTRUCTIONS

### TOTAL THYROIDECTOMY

770-427-0368

#### WHAT TO EXPECT

- Localized pain and swelling.

#### SPECIAL INSTRUCTIONS

- You may shower without restrictions
- Ice surgical area at least 30 minutes on / 30 minutes off during waking hours for the first 24 hours.
- The top layer of the incision is sealed with glue or a Steri-Strip that comes off by itself as the incision heals, minimizing scarring. One week after surgery you may begin to gently peel or rub the Steri-Strip or glue off.
- After the glue/Steri-Strip is removed please keep the incision hydrated with SkinMedica Scar Recovery Gel, Vitamin E oil, Mederma, or Vitamin E ointment. Apply twice a day for 2 months. SkinMedica Scar Recovery Gel is the preferred treatment and is available for purchase at our office.
- A drain may be left in place and instructions will be given how to care for this drain and when to return to have it removed.

#### MEDICATION

- If you are not already taking a thyroid replacement medication, you will be started on one. Start taking this medication (Synthroid/Levothyroxine/Levoxyl) the morning after surgery.
- **Calcium supplement: over the counter 500-600 mg take 2 by mouth twice per day for one week after surgery for a total of 2000 mg PER DAY. Start the night of surgery. Double the dose for any tingling.**
- Acetaminophen (Tylenol or equivalent) and / or Ibuprofen (Motrin) is usually adequate for pain control after surgery.
- Prescription pain medication may be prescribed and used only if necessary for severe pain.
- Discard any unused prescription pain medication. Never save at home. Any prescribed pain medication from our office is on the FDA flushing approved list. Drop boxes are available at county offices and selected pharmacies.
- Acetaminophen is contained in prescribed pain medication – do not exceed maximal daily dose.
- Antibiotics are not prescribed due to side effects and lack of benefit.

#### ACTIVITY/DIET

- Reduced for one week, no diet restrictions. Shower, avoiding soaking the incision site.

#### POST OP APPOINTMENT

- Usually 1 week after surgery.
- If a drain is left in place you will need to be seen in the office or surgery center the next business day for removal.

#### WHEN TO CALL

- Call office during routine hours for questions, concerns, changes, or refills of any medication.
- Shortness of breath, numbness or tingling of your lips, fingers or extremities (this can be a sign that your calcium level is low).
- Swelling at the incision site (egg size or greater).