



# ENT & SINUS CENTER

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## **POST OPERATIVE INSTRUCTIONS FOR THYROIDECTOMY/PARATHYROIDECTOMY**

**ACTIVITY:** Increase activity as able, but avoid strenuous activities such as lifting, pulling, and jarring exercises. Elevate your head with pillows when sleeping or resting for comfort.

**DRESSING:** Leave steri strips dressing in place until seen by your doctor at the follow-up visit. It is alright to shower 48 hours after surgery. Avoid letting water hit the incision directly.

**DIET:** Resume your normal diet as soon as tolerated. Begin with liquids and increase as able.

**MEDICATION:** Resume your normal diet as soon as tolerated. Begin with liquids and increase as able.

**MEDICATION:** Take all medication as directed by your doctor. This is especially important if you are taking thyroid replacement or calcium. Take pain pills as directed and when needed. They may cause drowsiness, adjust activity accordingly.

### **NOTIFICATION:**

Notify your doctor if you develop

- Swelling at the incision
- Difficulty swallowing
- Hoarse or whispery voice
- Fever above 101 F

### **APPOINTMENT:**

Call our office at (909) 466-8400 for follow up appointment in a week.

**If you are on calcium replacements and experience tingling around the mouth, toes or fingers, call your doctor immediately.**