



NASHVILLE EAR, NOSE & THROAT CLINIC

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Thyroidectomy

POST-OPERATIVE INSTRUCTIONS

Incision: Please keep the incision dry for 2-3 days, and then gently wash the incision with soap and water 2-3 times a day as needed. You may use Q-tips dipped in peroxide to remove any dried blood over the incision. After washing, please apply a thin film of an antibacterial ointment. Please avoid any activity that pulls across the incision such as shaving across the incision for at least 2 weeks. (The rest of the face may be shaved.) The staples and stitches will be removed 1-2 weeks after surgery.

Head of Bed: Please elevate the head of your bed 30-45 degrees or sleep in a recliner at 30-45 degrees for the first 3-4 days to decrease swelling. The skin above the incision may look swollen after lying down for a few hours.

Activity: Please avoid any activity that raises your blood pressure for one week, heavy lifting, strenuous exercise, etc.

Diet: You may eat your regular diet after surgery.

Pain: Pain can be mild to moderate the first 24-48 hours but usually declines thereafter. Your doctor will prescribe pain medications take as directed.

Notify your physician if you develop any of the following symptoms

- 1) Temperature greater than 101.5 degrees that does not lower with Tylenol
- 2.) Bleeding, increasing pain, redness, or swelling at the surgical site.

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