

## **DISCHARGE INSTRUCTIONS FOLLOWING THYROIDECTOMY**

1. Avoid heavy lifting (over 10-15 pounds) or straining for 1-2 weeks. Do not engage in vigorous physical exercise or driving a motor vehicle the first week.
2. For the first week or so, you will probably experience some puffiness or swelling around the operative site. If this increases significantly to the point you have difficulty swallowing, develop a chronic cough, or have a fever of 101 degrees F or higher, please call our office immediately at (817) 267-2678.
3. You may eat anything you wish unless otherwise instructed by your doctor.
4. You may have a sore throat and/or hoarseness from the tube used for your anesthetic. This is normal.
5. You will be given a prescription for pain medication which you probably need to take occasionally for the first few days. While taking pain medication, you should avoid driving a car or operating machinery.
6. Please make requests for prescription refills from your pharmacy during our regular office hours Monday through Thursday, 9 a.m. to 5 p.m. and Friday 9 a.m. to 4 p.m.
7. It is possible to shower as soon as you return home from the hospital. Remove any bandage from your incision, but the small adhesive tapes across the incision should be left in place until you return to the office.
8. Please call our office as soon as possible for your postoperative visit, which should be made 7-10 days following your surgery.
9. If you have any other questions or concerns, do not hesitate to contact our office at (817) 267-2678.