

Home Care Instructions

Thyroidectomy, Subtotal thyroidectomy, Parathyroidectomy

Activity: Rest today. Resume your normal activity. Avoid strenuous exercise and heavy lifting for several days or as directed by your doctor.

Diet: Resume your normal diet as tolerated unless otherwise instructed by your doctor. Drinking cold beverages will help relieve throat discomfort.

Return to Work: Follow your physician's instructions.

Wound Care: You may shower. Keep incision clean and dry. Steri-strips should be left in place 7 – 10 days if possible.

Call your doctor if any of these symptoms occur:

- Persistent hoarseness
- Temperature greater than 101 degrees F
- Redness, drainage or increased swelling at the incision
- Difficulty swallowing or breathing
- Sore throat that continues beyond three weeks
- Tingling in the hands, feet or around the mouth
- Unusual cramps

General Expectations: You may have mild discomfort, swelling or tenderness at the incision site which should be relieved by taking a non-aspirin pain reliever or pain medication prescribed by your doctor.