

# **Postoperative Instructions – Thyroid and Parathyroid Surgery**

## **Philip Fischer II MD – (205) 939-6888**

### **Activity:**

- You are encouraged to be up and active after surgery.
- Do not drive a car for at least 4-5 days after surgery and until you are not requiring any narcotic pain medication. Also, you need to be able to move your neck well side to side.
- You are encouraged to move your neck and gradually flex and stretch your neck muscles to help prevent stiffness.

### **Diet:**

- Resume a normal diet postoperatively

### **Incision Care:**

- You may shower 24 hours after surgery unless you have a drain in place. If you have a drain in place, you may shower 24 hours after the drain is removed.
- You may apply Polysporin or vitamin E oil-type products on the wound beginning 2 weeks after surgery.
- Mild swelling at the incision site is normal and will soften and flatten out in a few months. You may notice some stiffness to your neck from the scar and surgery. Also, some numbness of the skin under your chin or above the incision may occur which often will go away in a few weeks.
- Ultraviolet light exposure to the wound encourages it to remain pink or dark in color and more noticeable. Subsequently, avoid ultraviolet light exposure to the wound for the first year after surgery. You may use sunscreen beginning 2 weeks after surgery, or wear a scarf or hat as needed.

**Medications:**

- Take your home medications and any new medications as instructed by Dr. Fischer at discharge.

**Call Dr. Fischer's Office:**

- If you have any non-urgent questions and to schedule a follow-up appointment.
- If you have any numbness or tingling in your fingertips or around your mouth. If such numbness does occur, please take 2 TUMS tablets and contact Dr. Fischer.
- If there are any signs of any infection of the wound

\* If you develop any significant shortness of breath, difficulty breathing or urgent problems please go to the emergency room and also contact Dr. Fischer as well.