



Patient Info: Post-Op Instructions for Thyroid Surgery

by Dr. Bunch & Dr. Erbella

Procedures

Thyroidectomy, Thyroid Lobectomy or Partial Thyroid Surgery

Incision Care

The incision will be covered with white adhesive tapes known as steri-strips. These should be left in place for 7 to 10 days. You may shower 48 hours after surgery & get the steri-strips wet and pad them dry gently. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them or wait to have them removed by your surgeon.

Pain Medication

You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). Options for non-constipating pain medications include products that include Ibuprofen or Tylenol.

Thyroid Medications

For total thyroid resections, you may be asked to take Synthroid (thyroid replacement) and calcium. Take as written by your surgeon.

For partial thyroid resections, there are no thyroid or calcium supplements needed.

Activity

Do not do any heavy lifting (more than 5 pounds) or vigorous exercise for 5 days.

Driving

Driving is not permitted for one week or while you are taking narcotic pain medication. You should also have good neck mobility to drive safely.

Return to Work

You may return to work in **2 weeks** (usually after you are seen by your surgeon).

Diet

You may eat anything you desire. If your throat is sore, try eating soft foods.

Physician Appointment

Call (941) 744-2700 to make your post-operative appointment to see Dr. Bunch or Dr. Erbella in **2 weeks** or if you have any questions.

When to call your Surgeon

Persistent fever over 101.5 degrees F (39 C)
 Pain that is not relieved by your medications
 Persistent nausea or vomiting
 Persistent cough or shortness of breath
 Purulent drainage (pus) or bleeding from any incision
 Redness surrounding any of your incisions that is worsening or getting bigger
 You are unable to eat or drink liquids

In Case of Emergency

Your surgeon is available 24hrs a day. You may call either our office (941) 744-2700, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.