



SOUTHWEST OHIO

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## Thyroidectomy

### POSTOPERATIVE INSTRUCTIONS:

**1. PAIN** Expect some mild pain and discomfort for the first week postoperatively. The incision site and surrounding neck tissues will be tender to touch for up to 2 weeks. As healing continues, stiffness and pain with turning the head might occur as well. Pain medication should be used as needed.

**2. INCISION** – Keep the incision clean and dry. Avoid direct water contact for 48 hours. After 48 hours water can be used on the area, but submersion in a deep tub or pool should not be done. You may shower if your surgeon has allowed. Your incision might have sutures, staples, or glue to hold the skin together. The staples or sutures will be removed at the postoperative visit. If glue was used, do not try to remove it until your doctor says it is ok. Once that has occurred, Vaseline jelly helps the glue to be removed easily. If you were discharged with a drain tube, empty the chamber and record the output approximately every eight hours. Accumulation of more than 100cc in 8 hours should be reported to the doctor. If a drain tube was removed prior to discharge, the incision for the drain will continue to seep for several days. A small gauze or band aid can be used to help cover this area. Some mild swelling and redness of the incision is normal during the healing process.

**3. MEDICATIONS** – You may have been prescribed thyroid medicine, calcium, vitamin D, pain medication or antibiotics before your discharge from the hospital. Please take these as directed until your followup with your doctor.

a. Any refills for pain medication will need to be called in during **normal business hours**. Any after hour requests **will be denied**.

#### 4. CONTACT THE DOCTOR IF:

a. You have **any difficulty breathing**. If it is after hours or on the weekend, contact the doctor on call or go to the emergency department.

b. If you notice any numbness or tingling around your mouth or in your fingertips.

c. If you develop any signs of infection, such as a fever, redness, or drainage around the incision site.

d. You have excessive pain not controlled with your medicine.

e. If you begin to feel any symptoms suggestive of medicine side effects.

5. Any problems or questions that may arise during your postoperative period should be addressed by calling the phone nurse at (937) 496-0261 between the hours of 8:30 am and 5:00 pm. For emergencies after hours or on weekends, call the main office number (937) 496-2600 and the medical society will notify the physician on call.

6. If you are started on thyroid medication, you will need to have blood tests in four (4) weeks and after any dose changes. This also needs to be done when changing from "brand name" thyroid medication to "generic" and vice versa. After the blood tests are reviewed by your doctor, you will be notified of the results. Most often this is done by mail, but occasionally your doctor will call to discuss them personally.

For patients that see the doctor on an annual basis, any necessary blood tests will be ordered at that time and you will be notified as mentioned above.

*Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation*

#### Main Location

369 West First Street  
Suite 400  
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(937) 496-2600

#### Dayton Children's

**Specialty Care Center**  
**Warren County**  
100 Campus Loop Road  
Suite A Franklin, OH 45005

#### Englewood Office

9000 North Main Street  
Suite 320  
Dayton, OH 45415

#### Troy Office

1861 Town Park Drive  
Suite H  
Troy, OH 45373

#### Centerville Office

950 E. Alex-Bell Road  
Centerville, OH 45459