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**POST-OP INSTRUCTIONS FOR THYROIDECTOMY/ PARATHYROIDECTOMY**

Because of the relative ease that most patients tolerate a thyroidectomy, this procedure can be performed in day surgery. Day surgery facilities provide excellent care without the inconvenience and expense of an overnight stay. After your surgery, you will recover comfortably at home with your family. Should admission to the hospital be required, for whatever reason, you will be admitted and stay as long as needed.

***To insure a smooth recovery after surgery, follow these general guidelines:***

- An adult should be with you the night after surgery.
- You will be given a prescription for pain medication. This provides adequate relief, although some discomfort is to be expected.
- You may shower the day of surgery. No swimming, hot tubs, or tub baths for 1 week.
- **You can shower the day after you have surgery.**
- Call if you notice excessive swelling, severe pain, inflammation, drainage or temperatures above 101. These may be signs of infection or bleeding. Occasionally, minor bruising will occur around the incisions – this is normal.
- Aerobic activity may be resumed when you feel ready. As a general rule if an activity causes pain – STOP.
- Call the office for follow up appointment for 10-14 days after surgery.
- Questions often arise – please feel free to call.