

St. Elizabeth's Medical Center

A STEWARD FAMILY HOSPITAL



Post-Treatment Instructions for Thyroidectomy

1. You will feel discomfort in the neck and throat for up to 10 days post-operatively. This is normal and will slowly improve during this time. Use caution with narcotic pain medication, as this can cause constipation.
2. Bleeding is a chief complication following thyroidectomy. For this reason, do not take aspirin or ibuprofen for two weeks before and after your surgery. Speak to your doctor about restarting Coumadin or Plavix.
3. All of the antibiotics prescribed must be taken, even if you are feeling well.
4. You may experience some abnormal sensations on swallowing. This will improve over time. If you are coughing or feeling like you are choking after this surgery, please call the clinic or ENT fellow on call.
5. For patients undergoing a total thyroidectomy it is very important to note any tingling or numbness in the fingers, toes, or around the mouth. If this should happen, take a calcium supplement immediately, and call the ENT fellow on call.
6. Rapid swelling or enlargement of the operative site is an emergency, and should be reported to the ENT fellow on call. If you experience shortness of breath with this, call 911, instead, right away.
7. Drain outputs should be measured 2-3 times per day, and recorded daily. You will be instructed in how to do this, and may be asked to call in the daily results to our clinic.
8. Reduce your normal activity while healing. Lift nothing heavier than a jug of milk until your first post-op appointment, and use stool softeners as needed.
9. _____

Post Operative Emergency Contact Information:
Daytime clinic number: 617-789-5004
After hours (ENT Fellow on call): 617-789-3000

Patient's Signature _____ Nurse's Signature _____

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