



Mark T. Brown, MD, FACS
Lindsay E. Young, MD
Paige Peterson, AuD PhD
Barry Casteneda, PA-C

Postoperative Instructions: Thyroidectomy

1. The hospital stay will be 1 or 2 days depending on the exact procedure.
2. If a total thyroidectomy is performed, calcium levels can decrease and need to be monitored after the surgery. Low calcium is usually temporary but may require calcium supplements if sufficiently pronounced until it resolves.
3. Hoarseness is not expected. If this occurs after discharge, call the office immediately.
4. It is not unusual to have neck pain or difficulty swallowing. Most people need pain medicine for 3-5 days after the surgery. Pain medicine is prescribed.
5. Avoid heavy physical activity until you have your one week post-op appointment.
6. Keep the incision clean and dry at home. It is closed with thin acrylic glue called Dermabond®. Any sutures are buried under the skin and do not need to be removed. There is no need to apply antibiotic ointment on the wound. It is ok to shower without covering the wound. This acrylic film will peel off in a couple of weeks.
7. Although rare, bleeding, infections, or excessive swelling are possible short term complications. Please call our office if bleeding or swelling occurs or if there is fever or pus draining from the incision site.
8. To help prevent bleeding, avoid the use of aspirin, Motrin®, Advil®, ibuprofen, or any pain medicine except what are prescribed **OR** plain Tylenol®/acetaminophen.
9. Please call Great Hills ENT (512 258 2300) during business hours if there are any questions or concerns. After hours, please contact the Medical Exchange (512 458 1121) and ask for the ENT doctor on call covering Dr. Brown or Dr. Young.
10. Schedule a follow up for 1 week postoperatively.