



# Thyroidectomy/Parathyroidectomy

## Post-op Instructions

### 1. Dermabond® Dressing Care:

- OK to shower day of surgery.
- Lift nothing heavier than gallon milk jug or 5lbs for 1 week.
- If you had a drain, keep drain site covered and dry for 48 hours after it is removed
- Increase range of motion of the neck 24 hours after surgery
- A small amount of neck swelling is normal. If it increases after discharge from the hospital, contact the office.
- OK to return to normal activity including exercise 1 week after surgery

### 2. General Wound Care Instructions for Closed Incisions with Dressings:

- Dressing should be kept dry for 48 hours.
- Remove outer dressing in 48 hours.
- If you have suture or staples, they will be removed in 1-2 weeks after the operation in the office.
- Leave Steri-Strips in place.
- OK to shower in 48 hours.
- No soaking in the tub or swimming for 1 week.
- Lift nothing heavier than gallon milk jug or 5lbs for 1 week.

*Call The Crawford Clinic right away if:*

- Develop tingling in your arms, legs, or around your mouth.
- You develop a fever over 101.5°F (38.5°C).
- You have redness, swelling, pain, or drainage from the incisions.
- You become dizzy and faint.
- You have chest pain.
- You have nausea and vomiting.
- You become short of breath.
- You have abdominal pain or swelling that gets worse.

Call during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.
- If you require more pain medication.