

THYROIDECTOMY

REMEMBER IT IS VERY IMPORTANT NOT TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE SURGERY. THIS INCLUDES COFFEE, JUICE AND WATER.

On the morning of surgery please report to L&M or Pequot Surgical Center as scheduled.

1. Thyroid surgery may involve removal of part or all of the gland. You may require thyroid hormone medications after surgery and you may need to take these for life. Your doctor may advise having blood tests done to determine the need for medications and to determine the dosage.
2. Neck pain and stiffness are not unusual following thyroid surgery. The front of the neck may remain swollen and stiff for several months. If you feel that the swelling is increasing or spreading, please call the office.
3. Hoarseness is also common following thyroid surgery. This may return to normal over a few days to a few weeks. If hoarseness persists, your doctor will re-examine your vocal cords to look for weakness.
4. Avoid Aspirin, Ibuprofen, Aspirin-related products, Vitamin E, herbs, and green tea for two weeks prior to surgery. Tylenol is O.K.
5. Keep the neck wound clean and dry as much as possible. It is O.K. for it to get wet but dont rub it or wipe it. Just pat dry.
6. Please call the office if you have a temperature greater than 101.5, bleeding, excessive swelling, numbness or tingling of the hands or feet, or any other unusual symptoms.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE OFFICE