

Post-Operative Instructions: Thyroid Surgery

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- **Diet:** Drink plenty of fluids to keep yourself well hydrated. You may experience some discomfort with chewing or swallowing—a soft diet is best.
- **Pain:** Pain medication will be prescribed by your doctor, take as directed. You may also take Tylenol® for pain. Do not take any Aspirin-containing or Ibuprofen-containing medications for 2 weeks after surgery. Check medication labels carefully.
- **Swelling:** It is possible for fluid and/or blood to accumulate under the skin at the surgical site. If you notice bulging and excessive swelling in the neck area, please contact your doctor.
- **Fever:** You may experience a low-grade fever (100-101°F) for 2-3 days after surgery. If a fever persists beyond this time, contact your doctor.
- **Activity:** No strenuous activity, heavy lifting, swimming, or exercise for 2 weeks after surgery. You may return to work in 14-21 days, but no strenuous activity or lifting at work for 4 weeks.
- **Wound Care:** Apply Bacitracin or Vaseline® ointment over your incision line 2x daily, unless otherwise directed by your doctor. Wash your hands before applying ointment. Keep the incision line dry for 48 hours after surgery, after which you may shower. After showering, carefully dry the incision line and apply ointment.

For patients who take Coumadin® or any other blood thinner, check with your primary care doctor for instructions when to resume these medications after surgery.