

Jesse G. Wardlow, MD FACS

Eileen M. Mahoney, MD

Keith M. Lertsburapa, MD



5207 Main St. Suite 5 Downers Grove • 12 Salt Creek Ln. Suite 106 Hinsdale • 15728 S. Rte 59 Plainfield

Phone: 630-981-0032 Fax: 630-241-0884

THYROIDECTOMY **POSTOPERATIVE INSTRUCTIONS**

Upon discharge from the hospital try to keep the incision dry for the first two days. If you have sutures, clean them with hydrogen peroxide on a Q-tip twice a day followed by Antibacterial ointment. Both peroxide and antibiotic ointment can be purchased over the counter without a prescription. No bandage is necessary. You may shower 48 hours after surgery, but keep the incision dry.

For several days it is normal to have some pain or difficulty with swallowing. Take your prescription pain medication as needed or you may use Extra-Strength Tylenol if you prefer. Do not drive while taking prescription pain medication.

In select cases, you may be given Calcium and Vitamin D pills to take at home. It is important to take these strictly as prescribed.

Your follow-up appointment will be from 3-7 days after the surgery.

If your thyroid gland was completely removed you will need to take thyroid hormone supplements for the rest of your life.

Once you are at home, call our office immediately if:

1. You develop a fever over 101 degrees
2. Your incision or any part of your neck becomes red, more tender or swollen
3. Your voice seems to be or becomes hoarse, husky, or weak
4. You develop symptoms of numbness or tingling around the mouth, muscle spasms of the hands or feet, involuntary grimacing, or difficulty in breathing

***To speak with our office, please call (630) 981-0032 between 8am-4pm (Mon-Fri)**

***For prescription refills please call during office hours with your pharmacy number available**

***For after hours Emergencies, a doctor on call may be reached at (630) 981-0032, or go to your nearest Emergency Room**