



Patient Info: Post-Op Instructions for Thyroid Surgery

by Dr. Jose Erbella

Procedures	Thyroidectomy, Thyroid Lobectomy or Partial Thyroid Surgery
Incision Care	The incision will be covered with white adhesive tapes known as steri-strips. These should be left in place for 7 to 10 days. You may shower 24 hours after surgery & get the steri-strips wet and pat them dry gently. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them or wait to have them removed by Dr. Erbella.
Pain Medication	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). Options for non-constipating pain medications include products that include Ibuprofen or Tylenol.
Thyroid Medications	For total thyroid resections, you may be asked to take Synthroid (thyroid replacement) and calcium. Take as written by your surgeon. For partial thyroid resections, there are no thyroid or calcium supplements needed.
Activity	Do not do any heavy lifting (more than 10 pounds) or vigorous exercise for 3 weeks.
Driving	Driving is not permitted for one week or while you are taking narcotic pain medication. You should also have good neck mobility to drive safely.
Return to Work	You may return to work in 1-2 weeks (usually after you are seen by your surgeon).
Diet	You may eat anything you desire. If your throat is sore, try eating soft foods.
Physician Appointment	Call (941) 896-4788 to make your post-operative appointment to see Dr. Erbella in 1-2 weeks or if you have any questions.
When to call your Surgeon	<ul style="list-style-type: none"> Persistent fever over 101.5 degrees F (39 C) Pain that is not relieved by your medications Persistent nausea or vomiting Persistent cough or shortness of breath Purulent drainage (pus) or bleeding from any incision Redness surrounding any of your incisions that is worsening or getting bigger You are unable to eat or drink liquids
In Case of Emergency	Dr. Erbella is available 24hrs a day. You may call either our office (941) 896-4788, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.