Discharge Instructions: Dr. Hicks

Recovery
- To help reduce swelling, use at least 2 pillows to keep your head elevated when you lay down.
- Eat and drink sitting straight up.
- Take your medications as ordered including thyroid and/or calcium supplements.
- Continue to do the breathing exercises your nurse taught you.
- Passive movement only.

Restrictions
- Do not drive until you have received clearance from your doctor.
- Do not shower until drains are removed.
- Stop applying bacitracin to surgical incision 48 hours after surgery.

When to Call
- Call your doctor immediately if there is a sudden increase in swelling or if you have difficulty swallowing.
- Call your doctor as soon as possible if...
  - you have any signs of low calcium such as:
    - numbness, tingling, and/or a pins and needles sensation in your fingertips, lips, mouth, or jaw
    - cramps or twitches in your arms or legs
    - heart palpitations (fast beating of the heart)
  - your sutures (stitches) show any signs of infection such as:
    - redness, swelling, oozing (pus) around the sutures
    - a fever of 101°F (38.3°C) or higher
- Call 911 immediately if you have any severe breathing problems.

Follow Up Care
Your next clinic appointment is scheduled for __________________________

If you have any questions or concerns, please contact the Head and Neck Center at 716-845-8186, between 8:00am and 5:00pm on weekdays. Calls after hours are answered by the Roswell Park Call Center staff. You can call the hospital 24/7 at 716-845-2300.