

## 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.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**.