

Discharge Instructions: Post Op Hemi- or Total Thyroidectomy

What To Expect

- Your neck will be sore for several days. You may be hoarse or have a sore throat for a few days.

Wound Care

- Your neck incision will be covered with Dermabond™ (skin glue), steri-strips (thin sticky strips placed across the wound to hold skin edges together), and Bacitracin® cream. You may also have a dressing.
- It is normal to have a small amount of oozing from the incision for the first 1-2 days. You may ooze reddish-colored fluid, especially if you take a blood thinner like aspirin, but you should not have fresh bleeding.
- Do not remove the Dermabond™ or the steri-strips.
- If only Bacitracin® cream is used, stop applying the cream after 2 days.

Pain Control

- We will provide you with a prescription for opioid pain medication such as hydrocodone with acetaminophen (Norco®). Take it every 4-6 hours if you need it, but you don't have to use them if you are not having pain. If opioid medications are too strong, you can take acetaminophen (Tylenol®). You may take ibuprofen (Advil®/Motrin®) after the first 1-2 days. Follow the instructions on the bottle.
- If you take an opioid medication that contains acetaminophen, **do not take more acetaminophen. The recommended maximum daily dose of acetaminophen is 3000 milligrams (mg).** Check all medication labels. Acetaminophen is found in over-the-counter and prescription medications.

Restrictions

- Do not lift anything that weights more than 5 pounds and no strenuous activities for 3 weeks.
- Do not drive (or operate heavy machinery) if you are taking opioid pain medication.
- You can gradually return to your normal activities after 2 weeks, as tolerated.

Call Us If...

- your neck has swelling or your drain suddenly has increased output
- you are hoarse for more than a few days after surgery or have shortness of breath or difficulty breathing
- you have bleeding that does not stop after you put pressure on the area
- you develop severe, uncontrolled pain at the site of your surgery
- the area around the incision or biopsy site becomes inflamed or reddened
- **you have a fever of 100.4°F (38°C) or higher**

The Head and Neck Center is open Mon. – Fri, 8a.m. – 5 p.m. Phone: **716-845-8186**. After hours, call Roswell Park at **716-845-2300**. If it is determined you need to be seen, you may be asked to come to the Assessment and Treatment Center (ATC). The ATC is open 24/7 but you need a referral from your doctor (or the doctor on call). It is not a walk in clinic.