

The Oregon Clinic, Plaza ENT Division
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Patient Information – Post Thyroidectomy Instructions

You have had a removal of a part/entire thyroid gland as well as possible lymph nodes. The following instructions will help make you more comfortable during the first post-operative week and will encourage rapid, uneventful healing.

- Antibiotics, pain medication and possibly thyroid medication may be prescribed. Take this as directed.
- Do not take Aspirin or Ibuprofen products for 1st week after surgery.
- You may shower on post-operative day #2. Water may run over the incision but do not soak the incision.
- Avoid any strenuous activity such as bending, straining or lifting greater than 15lbs for the 1st week after surgery.

Call the office if you develop any of the following:

- Increased redness or swelling of the incision
- Drainage from the incision
- Pain not controlled with pain medication
- Temperature greater than 101 degrees for over 24 hours
- Numbness or tingling in face or hands
- Facial twitching
- Difficulty breathing
- Difficulty swallowing

Office Phone 503-488-2400

Instructions Given By: _____

Patient Released To: _____ Date: _____