

BUXA & BERGSTROM

ENT Center of Excellence

Gary A. Buxa, MD, FACS

Richard T. Bergstrom, MD

POST OPERATIVE INSTRUCTIONS FOR THYROIDECTOMY/PARATHYROIDECTOMY/NECK DISSECTION

- ❑ Keep head elevated at a 30degree angle or higher, this keeps the swelling down and decreases pain.
- ❑ If you have a drain it must be removed after surgery, this must be done at the office or at the hospital before you leave. Please contact the office for appointment.
- ❑ No bending or heavy lifting. If swelling occurs you may apply ice to the area to reduce the swelling and decrease pain. If severe swelling occurs the office immediately.
- ❑ The tape covering the incision is held in place by a couple of sutures please don't try to remove. You may get area wet 4 days after surgery. We will remove your dressing in the office unless you are otherwise instructed.
- ❑ **Push Fluids** ~ Do not get dehydrated. WATER IS AN ESSENTIAL part of the healing process.
- ❑ **ABSOLUTELY NO ASPIRIN** or **IBUPROFEN** ☺ for one week after surgery
- ❑ You may be asked to get a blood draw for STAT IONIZED CALCIUM. This will be set-up through the hospital of our office.
- ❑ If you are having any tingling or numbness on your face, fingers, or toes or any hoarseness or loss of voice please call our office immediately.
- ❑ Your health and well being is of outmost importance to us, if you have any other questions or concerns please feel free to contact our office.