

## SUMMIT ENT ASSOCIATES

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### ***Post-Operative Discharge Instructions for Thyroid, Parathyroid Surgery, Submandibular Gland, Thyroglossal Duct Cysts, and Lymph Nodes***

#### **ACTIVITY:**

- Walking around the house, climbing stairs, riding in a car or light office work is fine as soon as you feel able.
- It may not be comfortable to do physical activity or sports (e.g. swimming, skiing, tennis, weight lifting or contact sports) for several weeks.
- You can usually go back to a full-time work schedule in 1-2 weeks. It may take longer to return to heavy physical or other demanding work.
- Sexual activity is safe as soon as you are comfortable.
- Do NOT drive a car until you are able to turn the neck side to side, which may take 1-2 weeks.
- Do NOT drive while you are taking pain medicines.

#### **DIET:**

- You may have temporary throat discomfort, hoarseness or difficulty swallowing. This is due to the surgery around your larynx (voice box) and esophagus (swallowing tube).
- Drink and eat foods that can be swallowed easily, (e.g. juice, soup, gelatin, apple sauce, scrambled eggs or mashed potatoes)
- You may be able to return to your usual diet in a couple of days.
- If you had parathyroid surgery, you may need more calcium in your diet.
- Eat broccoli, spinach, clams, scallops, milk, yogurt, cheese, ice cream and cottage cheese.

#### **INCISION CARE:**

- A small drain will be removed from the incision site the day after surgery.
- The wound is sealed with a thin clear acrylic layer (Dermabond) and the sutures are buried under the skin.
- You are allowed to take a shower without covering the wound. The acrylic film will peel off in a couple of weeks.
- Apply antibiotic ointment at the site of the drain twice a day for one week.
- In general, the drain wound heals and stops oozing in 24 hours. However, you may experience some mild swelling under the skin.
- You may leave the hospital with a small dressing over the incision area because of oozing. The dressing can be removed the next day after returning home.

**Our clinic will call the day after you are discharged to schedule your postoperative follow-up appointment. If you experience any problems, do not hesitate to call the clinic and speak with the nurse, Bill Minton.**

Supersedes Any Teaching Instruction, 12 October 2006