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### **Post Operative Suggestions Following Thyroidectomy and Parathyroidectomy**

Limit your activities until your fatigue goes away.

Do not drive until a day has passed. Do not drive until you are off your narcotic pain medication.

Do not strain: it may make the wound bleed.

Remove the bandage the day after surgery. Shower and bathe at that time. You may cover the wound or not as you wish. Do not expose the wound to the sun.

Use the pain medication prescribed by your surgeon if you need it.

Take a soft diet until your sore throat clears.

Stay hydrated.

Tingling in the hands or face may be a sign of low calcium levels. Take some over-the-counter calcium pills if you have them and call your surgeon's office.

Low grade fevers (up to 100 degrees) are common, but call the office if it goes much higher or persists.

Return for your scheduled office appointment.

Please call the office for any questions or concerns.