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## Post Op Care for Thyroid/Parathyroid Surgery

- 1.) Sleep with head elevated (two pillows) for at least the first night.
- 2.) Drink plenty of fluids. Start with a simple diet and progress to a normal diet when ready.
- 3.) Do not strain for a bowel movement as it can cause bleeding. Use an over the counter stool softener or gentle laxative if needed.
- 4.) Surgical incision site care:
  - Avoid getting the surgical site wet
  - Empty the drain once daily. No need to count the amount of drainage.
  - Avoid touching the site
  - Avoid prolonged sun exposure.
- 5.) Take pain medication or antibiotic as directed. **Do not use any aspirin, ibuprofen or naproxen products for 1 week.**
- 6.) Activity Guidelines:
  - a.) No heavy lifting or sports/exercise programs for 3 weeks.
  - b.) You should be able to return to work/school within 7-14 days.
  - c.) Do not drive if it hurts to turn your neck.
  - d.) Avoid getting the surgical site wet for 36 hours after the drain is removed
  - e.) Avoid smoking and alcohol for 3 weeks.
- 7.) Call your physician if:
  - a.) Fever goes over 101°
  - b.) Increasing pain and swelling after the first 48 hours.
  - c.) Green or yellow drainage from the site.
  - d.) Increased redness.
  - e.) Excessive bleeding.