

# After Thyroidectomy

- NO driving if taking pain medication
- NO bending, straining or heavy lifting (>20 lb) x 7 days
- Sleep with head on 2-3 pillows
- May shower starting 2 days after surgery
- May allow incision to get wet; just pat dry following shower
- Do not pick at or scratch stitches or skin glue over incision
- Expect numbness and tingling around the incision for at least 2-3 weeks; could last up to 3-4 months
- Normal diet
- Take antibiotic and pain medication as directed
- Ice to incision site if swelling, 20 minutes 3 times a day
- Follow up appointment as booked by the office