

# Instructions After Surgery



ARIZONA  
THYROID &  
PARATHYROID  
SURGERY  
STANCA J VAZQUEZ MD FACS

## AROUND-THE-CLOCK FOR 3-5 DAYS

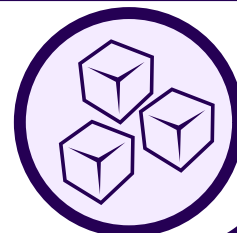
### Pain Control

- Tylenol 500-650 mg every 6 hours  
*Don't take more than 4000 mg in 1 day*  
*Remember: Percocet & Norco have Tylenol*
- Ibuprofen 600-800 mg every 6 hours  
*Don't take if you have history of stomach ulcers, kidney disease, or your doctor previously has said you shouldn't take it*



## AS NEEDED

- Ice packs
- Throat lozenges or sprays
- Narcotic pain medication every 4-6 hours (if prescribed)



## RESTRICTIONS

### Activity

- **NO** heavy lifting >10 lbs or strenuous activity (running, hiking, golf, etc.) for 1-2 WEEKS
- Avoid excessive **COUGHING/THROAT-CLEARING** as this can increase risk of bleeding after surgery
- **NO** driving until you can comfortably turn your neck & no longer using pain medications. Use your best judgment.
- You are encouraged to walk frequently & can use the stairs



## RECOMMENDATIONS

### Diet

- You will have a sore throat after surgery
- You can eat or drink whatever feels comfortable, but you may want to start with soft foods at first & advance as tolerated
- Stay well-hydrated (drink ~8 glasses of water each day)



## RESTRICTIONS

### Wound

- You will have skin glue & tape over your incision. Allow it to fall off on its own or you can remove it after 10-14 days.
- OK to shower & get incision wet, but don't scrub the area
- **NO** submerging incision under water (bath/pool) for 2 weeks
- Don't apply any creams to the incision until cleared by your surgeon



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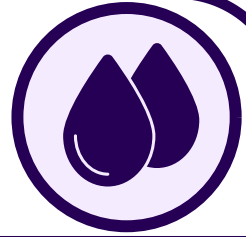
Email: [contactus@azthyroidsurgery.com](mailto:contactus@azthyroidsurgery.com)

## Instructions After Surgery (Continued)

### Medications

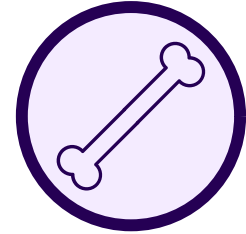
#### RESUME HOME MEDICATIONS

- **EXCEPT** blood thinners for 5 days **UNLESS** otherwise directed by your surgeon  
*Examples: Aspirin, Clopidogrel (Plavix), Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Enoxaparin (Lovenox)*



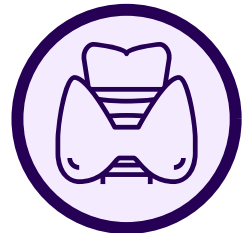
#### CALCIUM & VITAMIN D

- Take calcium carbonate 400-600 mg 3 times per day for 2 weeks
- If you experience numbness/tingling in your face, hands, or fingers, your calcium may be low. This is common after surgery & temporary. Take an **EXTRA** 1-2 calcium tablets every 1 hour until symptoms resolve.
- Continue taking Vitamin D as previously instructed before surgery unless otherwise directed by your surgeon
- If prescribed Calcitriol, take exactly as directed



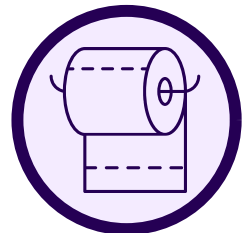
#### THYROID HORMONE REPLACEMENT

- If prescribed, take daily on an empty stomach 1 hour before or 4 hours after taking calcium or eating  
*This rule doesn't apply if you are having low calcium symptoms, in which case calcium can be taken within 1 hour*
- Thyroid hormone levels will be measured 6-8 weeks after surgery to determine if your dose is appropriate



#### CONSTIPATION

- Common with use of narcotics & calcium supplements
- To prevent, take Polyethylene glycol 3350 (Miralax) 17 g daily after surgery & stay well-hydrated
- If still constipated, add Milk of Magnesia, prune juice, Senokot, or suppositories to your regimen



#### WHEN TO CALL YOUR SURGEON

- Rapid or sudden **swelling of the neck** affecting your ability to breath or swallow—*this is an emergency!*
- Fever >101.5 °F
- Redness or drainage of pus/bad smelling liquid from the wound
- Symptoms of low calcium (numbness/tingling) lasting more than 6 hours despite taking extra calcium every hour



You will have a follow-up appointment ~2 weeks after surgery. Pathology results will be discussed during that appointment.