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## *Post-Op Instructions Following Thyroid or Parathyroid Surgery*

### **Activity**

For one (1) month following surgery, avoid any activities where you might suddenly jerk your head back, e.g. sports activities.

### **Wound Care**

You may shower forty-eight (48) hours after surgery to get your incisions wet, but do not submerge in water until one week after your stitches are removed (usually 3 to 6 days after surgery the stitches are removed and steristrips are applied).

### **Low Calcium Level**

Following surgery your parathyroid glands may temporarily not work normally due to swelling. This results in low calcium levels which cause pins-and-needles tingling of your arms, legs, and the area around your mouth. This also can result in severe cramps of your hands making normal hand use difficult. If these signs occur, take two (2) Tums tablets four (4) times each day.

To help reduce the chance of these signs, have a dairy product (e.g. milk, ice-cream, cottage cheese, skim milk, yogurt, etc.) with each meal and at bedtime for seven (7) days after surgery. Call your doctor at one the below phone numbers if these signs of low calcium persist despite taking dairy products and Tums tablets.

If you have any issues or questions, please call your physician at one of the phone numbers below.

### **Patient Responsibility**

I have read and fully understand the above post-operative instructions for my Thyroid or Parathyroid Surgery.

Patient's Name (Please Print): \_\_\_\_\_

Patient's Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

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