



Post-Operative Instructions: Thyroidectomy

MEDICATIONS

- You are being discharged home on the following medications:
 - Thyroid hormone
 - **Synthroid (levothyroxine): _____mcg, once daily**
*This medication is to be taken first thing in the morning, on an empty stomach. Wait 30-60 minutes before eating or taking any other medications.
 - **Cytomel (liothyronine): _____mcg, ___ times a day**
 - Calcium
 - **Tums-EX: ___ tablets, ___ times a day**
*If you notice any numbness or **tingling** of the face, hands, or feet, take up to 4 tablets of Tums with a glass of milk. If symptoms do not subside within a half-hour, please **call** your surgeon's office.
 - Vitamin D
 - **Calcitriol (Rocaltrol): _____mcg, two times a day.**
Continue this medication until your prescription is finished.
 - Pain medication
 - **Tylenol with codeine: Take this prescription as needed.**
 - If you prefer, you may use Tylenol.
 - Cepacol lozenges: Use as needed.
- You may resume taking your normal medications, with the **EXCEPTION** of the following:
 1. Coumadin: Please check with your surgeon and internist/cardiologist for specific instructions.
 2. Plavix: Please check with your surgeon and internist/cardiologist for specific instructions.
 3. Aspirin & anti-inflammatories (i.e. ibuprofen, Aleve): May begin 72 hours after surgery.
 4. Vitamins, minerals, and herbal supplements: Please wait 1 week after surgery to restart these medications.

WOUND CARE

- If your suture was not removed before you were discharged, please **make an appointment** for removal of your suture 3 days after surgery. You may remove the steri-strips from your incision after a week, or let them fall off. After removal, the incision may be left open to air.
- You may shower 24 hours after the surgery.
- After your first visit post-surgery:
 - If you wish, you may massage the neck in the area of the incision using a small amount of 1% hydrocortisone cream or a hydrating cream after 1 month of healing.
 - Apply sunscreen (SPF 50) to the incision for 6 months – 1 year after surgery.

ACTIVITIES

You may resume normal activities, depending on your energy level. We do ask that you refrain from driving for at least 3 days, or until you have complete mobility of your neck.

If you have any additional questions or concerns, please call your surgeon's office.

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