



SURGERY ON THE NECK DISCHARGE INSTRUCTIONS

FOLLOW UP CARE

- A small amount of swelling is expected
- Skin will be tender at the incision site
- If a drain is placed, bloody drainage is common and will reduce over the first 2 days. An appointment will be made to remove your drain.
- Keep your head elevated on 2 pillows while sleeping or resting, to help minimize swelling
- If a follow up appointment was not made the day of surgery, please call the office to make one

THYROIDECTOMY and PARATHYROIDECTOMY PATIENTS

- Hoarseness after surgery is possible. It usually resolves over time.
- Numbness and tingling around the mouth or muscle cramps/spasms may indicate low calcium levels. Please notify your doctor immediately.

PAROTIDECTOMY PATIENTS

- Facial weakness or drooping are possible
- If you are unable to close your eyes, they may become dry. Please notify your doctor if this occurs. We will recommend over the counter artificial tears or moisturizing eye ointments to be placed in the eye.

OPERATIVE SITE

- If skin glue was used to close your incision (shiny plastic like coating) no wound care is required
- If sutures close your incision, clean the incision with hydrogen peroxide and apply Vaseline ointment twice a day

ACTIVITY

- Do not drive for 24 hours
- Avoid vigorous activity or heavy lifting for 2 weeks
- You may shower after the drain is removed or 2 days after surgery if no drain
- Avoid tub baths or swimming until instructed by your doctor
- Smoking impairs healing and should be avoided

DIET

- Resume previous diet as tolerated

MEDICATIONS

- Prescription (s) will be sent with you. Use as directed.
- See PAIN CONTROL sheet for additional instructions.



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PROBLEMS TO WATCH FOR

- Fever over 101.4
- Nausea/vomiting
- Increased swelling at the incision site
- Increased redness at the incision site
- Increased draining at the incision site
- Numbness and tingling around the mouth
- Muscle cramps or spasms
- Irritated, scratchy, dry eyes

Call your doctor with ANY problems that concern you: Phone # **(843) 766-7103**. If you need immediate attention, go to the nearest Emergency Department.

I have read, been read, and verbally repeated back instructions and understand them. A copy has been given to me.

Patient/Responsible Party

Nurse Signature