



Thyroidectomy & Parathyroidectomy

Post Op

Pain

Post-operative pain is normal but the intensity can differ between individuals. Analgesia will be given to you during your hospital stay and made available to you on your discharge if still required. It is important to avoid sudden movements and brace your neck when you cough or move to avoid pain. Please read the section "Medications".

Dietary Information

Swallowing and eating may be difficult for the first day or two as you will have some soreness and swelling around the neck. Once you feel up to it you may go back to your normal diet.

Wound

The dressing will normally be taken down the day after your surgery. You may have a dry dressing to cover the wound if you wish and this dressing needs to be kept dry until the clips or sutures are removed. The incision usually heals very quickly.

Nausea and Vomiting

Some people are very sensitive to surgical procedures. Nausea and vomiting may occur as a result of the general anaesthesia, the procedure performed or the medication prescribed.

If you have nausea and vomiting, please do the following:
Keep well hydrated with frequent small drinks of clear fluids. It is recommended that you drink water, lemonade or diluted fruit juice. Avoid milk.

Cease your medications, as in most cases the nausea and/or vomiting is related to the antibiotics prescribed. Once these have been ceased the nausea and/or vomiting will usually resolve.

Contact Dr Daoud's office at Greenslopes if the nausea and/or vomiting persists.

Medications

If you are taking medications prescribed by your doctor you need to return to your normal dosage schedule as soon as possible after surgery unless directed otherwise.

Activities

You will be encouraged to take short walks, although this will probably start the morning after your surgery. You should be able to resume most normal activities within one to two weeks.

Post-operative review

You will need to contact Dr Daoud's office when you are discharged from hospital, to make a post-operative review for one week after your surgery.

Sutures

If you have surface sutures or clips you should keep your wounds clean and dry. Keeping your wound clean and dry will help to prevent infection. You should have your sutures or clips removed in 6-7 days.

Infection

If you develop a post-operative infection, remember it will not generally appear until 1-2 weeks after your operation. If this does occur, please contact Dr Daoud's office to book an appointment. You will normally be prescribed a course of antibiotics after your surgery.

It is important that the full course of antibiotics is completed.

Problems

Post-operative complications are uncommon, but if they do occur please contact Dr Daoud's office for advice.

Please do not call your referring doctor, or local GP before you contact Dr Daoud's office. Our office number is **07 3397 8499** and we are open from Monday-Friday 8:30am-5:00pm.

Return to work/school

You can expect to return to a normal routine after 14 days. If you require a medical certificate please call our rooms and we will arrange one for you.

Special Issues or Concerns

Please feel free to call our rooms during office hours or mobile after hours if any doubt arises as to your progress or recovery, especially if any of the following occur:

- Increasing or persistent pain after 4 or 5 days.
- Any swelling around the wound site.
- Redness or heat around the wound site.
- Persistent nausea or vomiting.
- Persistent discharge from the wound site..

For 24 hours Post-Operation

- **DO NOT** drive any motor vehicle or operate machinery.
- **DO NOT** undertake important new projects, make important decisions or sign legal documents.
- **DO NOT** drink any alcohol. Alcohol and prescribed medicines make a dangerous mixture.

As always, if you have any questions or concerns about anything regarding your procedure, please call our rooms on
(07) 3397 8499.