

CARE AFTER SURGERY

SURGERY OF THE THYROID, PARATHYROID AND SALIVARY GLANDS

INDICATIONS: The above surgeries are generally used to remove an infection or growth in the thyroid, parathyroid or salivary gland. These surgical procedures are performed under general anesthesia and may require you to spend the night in the hospital. Most patients go home the next day.

EXPECTATIONS: There may be some discomfort in swallowing for 1 or 2 days and swelling around the incision for 1 to 2 weeks. You may also experience muscle discomfort with head motion. You will probably need 1 to 3 weeks off of work.

DIET: Resume a normal diet as tolerated, unless otherwise instructed.

MEDICATIONS: You will be given a prescription for a pain medication; alternatively you may take Extra Strength Tylenol. Avoid Aspirin products as they may cause bleeding.

ACTIVITY: Avoid straining or heavy lifting for 1 to 2 weeks. No vigorous activity for one week. No driving until you can easily turn your head without discomfort.

WOUND CARE: If a surgical drain is present, it will be removed in 24 to 72 hours after surgery. You may remove the bandage the following day after returning home. Once the bandage is removed, the stitches do not need to be covered and may get wet. Clean the incision twice a day with a 50 / 50 mix of hydrogen peroxide and water then apply a small amount of antibiotic ointment to the incision.

SPECIAL INSTRUCTIONS: Call for any bleeding, fever > 101.4^o, increasing redness around the wound or pus like drainage from the wound.

FOLLOW UP: One to two weeks for suture removal. If a drain remains in place after discharge from the hospital, it will be removed one day later.

QUESTIONS: Please feel free to call the office at any time.

Eric A. Birken, MD, FACS
Srinivas R. Kaza, MD
Jay A. Yates, MD

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231 Parrish Street
Canandaigua, NY 14424
585-394-8800
585-394-5942 fax

4 Coulter Road
Clifton Springs, NY 14432
315-462-9491
585-289-3490 fax

www.lakeside-ent.com