



## Post-Operative Care Instructions for Thyroid and Parathyroid Surgery

### Wound Care

- A **special skin glue** was applied over your incision to protect it from dirt and water.
  - The glue may gradually peel off—**do not pull on it**, but you may trim loose edges.
  - Any remaining glue will be removed at your **follow-up visit**.
- **Showering is allowed**, but avoid scrubbing the incision or submerging it in water (baths, pools, or the ocean).
- All **sutures are absorbable** and will dissolve naturally—no removal needed.
- **Protect the incision from sunlight** until fully healed (typically **3-4 months**, but in some cases, up to a year).
  - Cover the incision or apply **SPF 30+ sunscreen** to prevent darkening (hyperpigmentation).

### Activity

- It is normal to feel **tired** and have a **decreased appetite** on the day of surgery—rest is essential.
- Some patients feel better than expected, but it is important to **take things easy for the first week**.
  - Avoid **straining, physical exertion, or lifting over 5 kg**, as these activities increase blood pressure and risk of bleeding.
- **No swimming** or activities that fully submerge the incision until cleared by your surgeon.

### Pain Management

- **Neck soreness and bruising** are common after surgery.
  - As the incision heals, it may **itch or burn**.
  - For discomfort, take **paracetamol and ibuprofen/celecoxib** either **together or staggered**—this is more effective than narcotics.
- **Throat soreness, dryness, or scratchiness** is common due to the breathing tube used during anesthesia.
  - These symptoms improve within a **week**.
  - You may use **throat sprays or lozenges** for relief.

### Medications

- Some patients require **thyroid hormone replacement, calcium, or vitamin D** after surgery.
  - If prescribed, take them as directed—they are **essential for your health**.
  - Not all patients need these medications—your surgeon will determine what is necessary and prescribe these for you.

## Voice Changes

- Your voice may sound **different** after surgery due to irritation of the muscles around the voice box.
  - This usually improves over **a few weeks**.
  - Sometimes, voice pitch may **permanently change slightly** due to muscle adjustments during surgery.
  - If lingering voice concerns persist, your surgeon may use a **scope to visualize your vocal cords**.

## When to Call Your Surgeon

Contact us **immediately** if you experience:

- **Fever over 38.5°C.**
- **Sudden swelling** around the incision.
- **Sudden increase in pain** at the incision site.
- **Pus drainage** from the incision.
- **Numbness or tingling** around the **mouth or fingers**. If this occurs take an extra dose of calcium supplements and contact your surgeon.
- **Any symptoms that seem unusual or concerning**

## Follow-Up Care

- Your first **follow-up visit** will typically be within **2 weeks** after surgery.
  - The skin glue will be removed, and your incision will be evaluated.
- **Pathology results** take **7-10 days** to return.

## Contact Information

- **Non-Urgent Questions:** Call the office at 03 548 4994.
- **Urgent Concerns:** Contact Dr. Slough directly. Leave a message or text if there is no immediate response, especially after hours.