

Associated Surgical Group, S.C.
7303 N. Knoxville Avenue Peoria, Illinois 61614
Telephone: #(309) 691-4005 or #(888) 691-4005

INSTRUCTIONS FOR THYROID OR PARATHYROID SURGERY

1. Please plan for a responsible adult to drive you home and stay with you the first 24 hours after release from the hospital. Typical length of stay is 24-48 hours.
2. . Pain medication may be prescribed for the first few days. If you are having severe pain unrelieved by pain medication, please notify the office for further instructions. **DO NOT** drive any vehicle while taking prescription pain medication. It is recommended that pain medication be taken with some food or crackers to avoid stomach upset. When the pain begins decreasing, extra strength Tylenol or Ibuprofen (Advil/Motrin) may be substituted for prescription medications.
3. The dressing should be removed the day after surgery. If there are little strips of tape under the dressing (steri-strips), **do not remove them**, they will come off on their own.
4. Inspect the wound daily for redness or drainage. Swelling and bruising is common after surgery. Yellow drainage, redness or temperature of 101 or greater should be reported to the office.
5. Shower may be taken the day after surgery if you feel up to it. Careful attention should be made to make sure incision is dry (pat gently with a towel).
6. Avoid lifting, straining, or strenuous activity. Limit exercise to walking or necessary stair climbing first few days after you get home.
7. You may resume previous diet after surgery if not nauseated. Soft foods may be preferred for first few days due to swelling.
8. Some patients may need to have calcium levels done (by drawing blood). Please have this done as instructed. Patients should report cramps, tremors or numbness and tingling of the lips, feet or hands. Sore throat and hoarseness are common for a week or so after surgery.
9. Please call the office to schedule follow up care as instructed when you are discharged after surgery. The office hours are 8:30am until 5:00pm Monday-Thursday and 8:30am until 4:30pm on Friday. The office telephone is #(309) 691-4005 or #(888) 691-4005 If you are having problems after regular office hours the surgeon "on call" may be reached by calling the office, leaving a message and he will return your call.
10. Call the doctor if you have any of the following: temperature that is over 101 degrees, excessive pain, redness or swelling along the surgical incision, excessive drainage or pus from incision.

General, Thoracic, Colon-Rectal, Vascular and Advanced Laparoscopic Surgery