



MARYLAND ENT ASSOCIATES
EAR • NOSE • THROAT
FACIAL PLASTIC SURGERY

Proudly Part of Privia Health

THYROIDECTOMY & PARATHYROIDECTOMY

Home Care Instructions:

- There are no restrictions on your diet.
- Use your voice normally – DO NOT whisper. Refrain from prolonged conversations for at least 7-10 days. If you are a singer, do not plan on prolonged singing sessions for about 3 weeks.
- Keep your wound site dry until instructed by your physician. Take baths instead of showers.
- Refrain from strenuous activity. No lifting, bending or moving heavy objects. Driving may be difficult in the first 7-10 days.
- Your calcium levels may be monitored. If you have any problems with cramps in your legs or arms, or numbness around your lips and face, call your physician right away.
- Take your antibiotics and pain medications as prescribed. Always complete entire amount of antibiotics unless directed to discontinue them by a physician. If there are other medications prescribed, follow their instructions carefully.

Possible Side Effects:

- Nausea and drowsiness are common after general anesthesia.
- You may experience some soreness in your throat during the first few days.

Contact your Physician if:

- You have any problems with cramps in your legs or arms, or numbness around your lips and face.
- You develop swelling at the incision site that continues to grow larger.
- Your pain is not relived with the pain medications.
- You have a fever above 101.5° or a lower grade fever for more than 3 days.
- You have any questions or concerns.