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## **Post Thyroid and Parathyroid Surgery**

1. The day after surgery, remove outside dressing and it is safe to shower over this area. There are little white tapes ( steri-strips ) that are right on the skin, leave these in place until they fall off on their own.
2. It will be normal to have some swelling or bruising. Any significant swelling, increasing swelling, difficulty breathing or increasing difficulty swallowing call 911 right away.
3. Likely you will be given a prescription for calcium. It is important to take it as directed. If you develop tingling in your fingers, numbness around your mouth or muscle cramps take a tums and call the office right away. If no answer go to the nearest emergency room.
4. Resume all preop medications including aspirin or any other blood thinners unless otherwise directed.
5. Do not lift greater than 25lbs. You can drive when mobile and off the painkillers.
6. Call to make an appointment for about two weeks from the time of your operation.