



Jesse E. Smith MD, FACS

Facial Plastics and Reconstruction

Thyroidectomy Post Operative Instructions

- Take the antibiotics, pain, and anti-nausea medication starting the day after your surgery and prescribed by Dr. Smith. You may start using your pain medication the night of surgery if you are in pain.
- Your incision will be covered with Steri-strips and Tegaderm (clear bandage). You will leave this in place for 10 days and it will be removed in the office. You can get bandage wet and shower as normal.
- You may have a surgical drain in place. You will drain it every 6-8 hours as needed. You will need to measure the amount of fluid that comes out of your drain and record it. Please keep a 24-hour daily total and bring your record log to your follow up appointment. Your drain will be removed once it drains less than 15cc in two consecutive 24-hour periods.
- Keep your head elevated for 3 days after surgery to help decrease swelling.
- No bending or lifting greater than 15 pounds for 3 weeks. It is okay to walk, but avoid vigorous exercise until directed by Dr. Smith.
- Do not smoke. If you currently smoke or use tobacco products, you should not use these products for at least 6 weeks after surgery. Tobacco products delay healing time and can significantly compromise your surgical outcome.

Call the Office if you notice any of the following:

- A temperature greater than 100.4 degrees Fahrenheit.
- An unusual amount of bleeding that does not stop after applying firm pressure for 15 minutes.
- An increase in pain that is not relieved by taking your pain medication.
- Excessive nausea and vomiting that is not relieved by your anti-nausea medication
- If any of the above occur after our regular office hours, please call the office number and you will be directed to our answering service where an on call provider can assist you.

You will be given your follow up visit via our Klara patient communication app. Please contact via Klara with any questions or concerns.

www.jessesmithmd.com