

POST OP INSTRUCTIONS: THYROID SURGERY

1. Limit activity first two (2) weeks.
2. Office appointment in 1 week. Call for time.
3. You may shower 24 hours after surgery.
4. Ice to neck prn first few days, 20 minutes per use.
5. Gentle neck exercises.
6. Gargle with mouthwash as desired.
7. Avoid slip and falls, and rapid movements.
8. Use pain medication as directed.
9. Use lozenges as desired for sore throat.
10. Avoid blood thinners for 72 hours after surgery.
11. Diet - same as pre surgery.

Dr. Daniel Gay | General Surgeon



**CAPITAL SURGICAL
ASSOCIATES**