



## Hemithyroidectomy Post Operative Instructions

### *Diet*

- Resume normal diet as tolerated.

### *Activity*

- No sports, exercise, lifting, or heavy activity for 1 week.
- No work involving physical activity for 1 week.
- May return to work after 1 week.

### *Pain Killers, Thyroid Replacement Medication*

- Take the prescribed painkillers as needed.
- If you were taking thyroid replacement medication before surgery, you can restart it the morning after surgery.

### *Wound Care*

- Keep the incision dry for 3 days.
- Apply polysporin ointment to the incision twice a day for 1 week.
- After 3 days, you may shower as normal. Be sure to dry the incision well afterwards.
- You may see little loops of stitch at the ends of the incision. These will be removed at your first post-operative visit.

### *Special Precautions*

- Your throat may be sore for a few days. This is normal and will go away.
- Your voice may be a bit hoarse for a few days. We will check this at your first post-operative visit.

### *When To Seek Medical Attention*

- If you experience severe pain or fevers;
- If your incision becomes red and hot and swollen;
- If you develop any noisy breathing;

If you experience any of the above symptoms, please call the office between 830am-430pm or go to your local emergency department.