

THYROIDECTOMY POST OPERATIVE INSTRUCTION SHEET

- Mild discomfort after your surgery is not uncommon
 - o For pain relief: take Panadol or Panadeine Forte as prescribed (**DO NOT** take aspirin due to the increased risk of bleeding)
 - o Non-steroidal anti-inflammatories (eg Brufen) can also be taken if the pain is very bad
- If there is any rapid swelling at the operation site or if you have problems swallowing or breathing call from ambulance **immediately**
- If you experience tingling sensation in your fingers or around your mouth then please call Dr Michael Elliott for advice
- You can shower and get the wound wet 48 hours after your surgery
- It is recommended that you have up to 7 days off work and no sport or heavy lifting (more than a chair) for 2 weeks
- Depending on the extent and nature of your surgery, you may need to commence regular medication after your operation – Dr Elliott will advise you in this regard if it is required

Follow Up

- If you have not already booked a follow up appointment, please phone the rooms and book an appointment for 1 weeks time

Contact Numbers

Dr Michael Elliott (rooms) 02 8355 7940

Royal Prince Alfred Hospital 02 9515 6111