



# SYDNEY ENT HEAD & NECK

## NEWTOWN

Suite 7, 155 Missenden Rd NEWTOWN NSW 2042

## CROWS NEST

Suite 211, 300 Pacific Highway CROWS NEST NSW 2065

### THYROIDECTOMY/PARATHYROIDECTOMY POST OPERATIVE INSTRUCTION SHEET

- Some discomfort after your surgery is common
  - For pain relief: take Panadol or Panadeine Forte as prescribed (**DO NOT** take aspirin due to the increased risk of bleeding)
  - Non-steroidal anti-inflammatories (eg Brufen) can also be safely taken
- If there is any rapid swelling at the operation site or if you have problems swallowing or breathing call for an ambulance **immediately**
- If you experience tingling sensations in your fingers or around your mouth it may be due to a low serum Calcium. Take 2 x Caltrate tablets (over the counter at the pharmacy) and wait 1-2 hours. If the tingling persists then take another 2 x Caltrate tablets. You can take up to 8 tablets per day of Caltrate. If you develop muscle cramps then call A/Prof Michael Elliott or present to the Emergency Department
- You can shower and get the wound wet 48 hours after your surgery
- If you are started on Thyroxine – this must be taken on an empty stomach. Take it first thing in the morning when you wake up and then no food or drink for ½ hour.
- After total thyroidectomy and/or parathyroidectomy – you will need a blood test one week post-op. A/Prof Michael Elliott will give you a blood test request form to do this
- Mobilisation – up and about and doing most normal activities of daily living from Day 1 but you should not do any strenuous sport or heavy lifting (anything heavier than a dining room chair) for the first 2 weeks

#### Follow Up

- An appointment will be sent to you to be seen in the rooms in 2 weeks

#### Contact details for both Newtown and Crows Nest ENT Specialist Clinics

P 02 8355 7940

F 02 8078 4408

E [contact@sydneyent.com.au](mailto:contact@sydneyent.com.au)