



Stephanie Jo Herrera, M.D.

Post-Operative and Discharge Instructions

Thyroid Surgery

1. No heavy lifting (more than 10 lbs) for two weeks.
2. Bathe only. Keep neck dry until drain is removed by Dr. Herrera.
3. Diet as tolerated.
4. Pain medications: Hydrocodone/APAP every six hours as needed. May alternate with Ibuprofen 600mg every six hours if needed. May take plain Tylenol (OTC) INSTEAD of hydrocodone/APAP if pain is mild. Contact Dr. Herrera's office if pain is not controlled to a tolerable level.
5. Take Colace (OTC) twice daily as a stool softener to prevent constipation while taking hydrocodone. Increase your fluid intake. You may also use fiber supplements such as Benefiber or Metameucil. If you have loose stools, stop fiber and Colace but continue taking lots of fluids to prevent dehydration. If loose stools persist for more than two to three days, contact Dr. Herrera's office.
6. If a drain is placed, empty it and record output twice daily. When morning and evening total is less than 30mL (two tablespoons), return to Dr. Herrera's office at 8:30 a.m. for removal. This usually occurs on Monday or Tuesday morning.
7. Tape over the incision will begin to peel off over about one week. If very loose, you may trim loose edges.
8. Contact Dr. Herrera's office for swelling, redness or increasing pain, fever over 100.4, difficulty swallowing or numbness/tingling in your lips or fingertips.