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## **Patient Instructions**

### **THYROID SURGERY**

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You may bathe gently over the incisions with soap and water.

Redress with small dressing as necessary.

You may use Tylenol, one to two tablets every four hours for pain. For more severe pain, use the prescription pain medication as directed.

Use a soft diet as your base and begin to experiment with other foods as tolerated. Soon, you should be able to eat almost anything you like.

Watch for fever greater than 101 degrees or excessive pain, swelling or drainage from the incision. Call me if you have any problems.

Make an effort to be as active as you can but do not do any heavy lifting or engage on sports. You may drive as soon as you feel comfortable enough to operate the car. Do not do anything to put unnecessary stress on the muscles of the neck.

You can expect some minor discomfort in the incision that should be controlled by pain medication. Your strength and energy will seem less than usual for a few weeks but will gradually build back up to normal. It is normal to feel strange sensations around the incision site for several months while it is healing. I will be checking these things when you come to the office.

If you feel marked unusual sensations around your mouth area or tingling sensations in your fingers, this may be due to low calcium. Increase the calcium in your diet with milk products or try Tums, two tablets three times a day. If it persists, let me know so we can order a blood test to check your calcium level.

Please call my office to make an appointment for your follow up visit in ten days. Before your appointment, you will need to arrange to have a blood test to check your Serum Calcium level to be done prior to your visit with my office. You can have this done either at your Endocrinologist or at the lab at the hospital.

Purchase OsCal 500mg tablets (available over the counter) and take as follows:  
\_\_\_\_ tablets \_\_\_\_times per day.