

# NICOLE KLEIN MD

## ENT / FACIAL PLASTICS

**Otolaryngology Associates**  
**ENT & Face, Head & Neck Plastic Surgery**  
[www.otolaryn.com](http://www.otolaryn.com)  
**Nicole Klein, MD | [www.nicolekleinmd.com](http://www.nicolekleinmd.com)**

### **Post-Operative Instructions - Thyroid/Parathyroid**

1. If your incision has been glued or taped, there is no wound care required, do not get wet for 48 hours. Clean your drain site 3 to 4 times a day with hydrogen peroxide and apply a thin layer of Bacitracin. This should be done until your sutures are removed at your first post-operative appointment.
2. If you experience minimal swelling, ice may be applied to the area. If the swelling has increased after you are discharged from the hospital, please call the office.
3. Keeping your head elevated as much as possible will help decrease swelling and thereby, decrease pain and pressure.
4. Limit activities for the first week after surgery. Refrain from heavy lifting, bending over, or straining. Light activities such as walking or riding in a car are acceptable. **DO NOT ATTEMPT TO DRIVE WHILE YOU ARE TAKING PRESCRIPTION PAIN MEDICATIONS.**
5. **DO NOT TAKE ASPIRIN CONTAINING PRODUCTS IN ANY FORM WITHOUT FIRST CONSULTING THE DOCTOR.** Tylenol is usually satisfactory for pain or discomfort. If stronger pain medication is necessary during the first few days after surgery, use the prescription pain medication prescribed.
6. You may resume a normal diet as tolerated.
7. If antibiotics have been prescribed, take them as directed until completely gone. You may be prescribed a thyroid and/or calcium supplement, this is also to be taken as directed.
8. You may experience numbness or tingling in your hands, feet, or around the mouth, this may be a result of a calcium deficiency, you may take up to 6 or 8 Tums a day. If these symptoms persist or get worse call the office for further instructions.
9. If you have been instructed to have blood work drawn before your first post-operative appointment, please do so within 24 hours of that appointment.

**If you have any questions or concerns, please give our office a call at 317-844-7059 Ext. 1417. Thank you.**