



Denver Center for Endocrine Surgery, LLC

4700 E Hale Pkwy, Suite 210 • Denver, CO 80220 • T 303.407.0280 F 303.407.0284
www.denverendosurgery.com

Post Op Instructions

WOUND CARE AND ACTIVITY

- You may take your Steri-Strips (tape strips) off **2 weeks after surgery**.
- After removing your Steri-Strips, start applying scar cream **twice a day for 2-3 months**.
- Options for scar cream include: *Biocorneum (with SPF)*, *Vitamin E*. If you choose vitamin E, you will also need to apply sunscreen daily.
- Massage incision twice daily for 2-3 months.
- Minimize sun exposure and avoid sunburn for one year.
- Avoid heavy lifting (>20 pounds) and sports for 2 weeks after surgery.
- You may drive when you are no longer taking pain pills and feel safe turning your neck.
- Your voice may take 3-6 months to completely recover. However, contact our office if you voice worsens at any time, as we can assist you with a referral to a voice specialist.

PAIN MANAGEMENT

- Ibuprofen (Motrin/Advil) or naproxen (Aleve) may be taken as directed.
- If you have a headache, you may take Tylenol and/or Ibuprofen with food and water for 1 week as directed.
- You may also apply warm compress to the back of your neck.
- If you have a tension headache, then you may try taking aspirin and/or caffeine for relief.
- If your headache does not improve, we recommend follow up with your PCP for further workup.
- If you have a cough or mucus drainage you may take cough medications such as Mucinex/guaifenesin, or throat lozenges, and increase your water intake.

DIET AND CONSTIPATION

- Constipation is very common with the use of pain medications and calcium. To avoid constipation, drink plenty of water (8 – 10 glasses per day).
- If needed, you can take a stool softener or mild laxative (e.g., Milk of Magnesia or Miralax) once or twice per day with a glass of hot liquid (tea, coffee, etc.).

CALCIUM MANAGEMENT: _____

- ***If you take a thyroid hormone pill (Synthroid or similar):*** Take it 1 hour before or 4 hours after calcium or food for proper absorption (Ideally early morning with a full glass of water and do not eat or drink coffee for 60 minutes).
- *You may take 2 extra doses of calcium if you experience low calcium symptoms.*

PATHOLOGY: Provided copy today or we will mail to you in the mail if not yet available.

Next lab tests: _____

Follow-Up: Endocrinology in 4-6 weeks for additional labs and medical management.

- You can schedule a 3-month scar check with us if you would like.



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WHEN TO CALL OUR OFFICE:

- Fever higher than 101 degrees or any concern for infection.
- Low calcium symptoms that do not improve after 2 extra doses of calcium.
- **Excessive neck swelling or trouble breathing: CALL 911 and/or go to the ER.**