



# 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](http://www.denverendosurgery.com)

## TRANSORAL POSTOP INSTRUCTIONS

### ORAL CARE AND RECOVERY

- DO NOT PULL ON YOUR LIP OR LOOK AT YOUR STITCHES – this can break the stitches.
- You may brush your teeth starting the morning after surgery.
- Wear your jaw supporter for at least 48 hours as tolerated. You may also apply ice externally to your jaw and neck for comfort.
- You should use mouthwash 3 times daily (and as needed) for 5-7 days after surgery.
- If you are prescribed antibiotics, take them as directed and complete the entire course.
- Moderate bruising, swelling and tenderness both at lip/chin and in your lower neck are normal.
- Avoid heavy lifting (>20 pounds) and sports until cleared by your surgeon.
- You may return to work when cleared by your surgeon.
- You may drive when you are no longer taking pain pills and feel safe turning your neck.

### DIET AND CONSTIPATION

- You will have a sore throat, lip and chin after surgery. Your appetite may be decreased. If you are not eating regular meals, try to eat small amounts or drink water or Gatorade every 2 - 3 hours. Drink enough water to stay hydrated. If you have a cough or mucus drainage you may take cough medications such as Mucinex/guaifenesin, or throat lozenges.
- 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.).

### PAIN MANAGEMENT AND MEDICATIONS

Prescription pain medications should be taken as prescribed.

Ibuprofen (Motrin/Advil) or naproxen (Aleve) may also be taken as directed.

DO NOT DRIVE while using prescription pain medication.

DO NOT DRIVE OR MAKE IMPORTANT DECISIONS for 24 hours after anesthesia or while taking prescription pain medications.

### CALCIUM MANAGEMENT - **\*\*IT IS VERY IMPORTANT THAT YOU TAKE ANY CALCIUM SUPPLEMENTS OR ADDITIONAL MEDICATIONS EXACTLY AS PRESCRIBED\*\***

You may be prescribed calcium supplements or additional medications for calcium balance (Calcitriol, PhosLo/Acetate, HCTZ, or others). Check your discharge medication list. Ask your nurse or doctor if you have any questions.

***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.

Contact your doctor to arrange additional labs or appointments (if needed):

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### WHEN TO CALL THE SURGEON'S OFFICE:

Fever higher than 101 degrees or any concern for infection.



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Low calcium symptoms that do not improve after 2 extra doses of calcium.

Trouble passing urine (unable to “go”, pain, or burning).

**Excessive neck swelling or trouble breathing – CALL 911.**