



## Post-Op Thyroidectomy

Possible complications of thyroid surgery include bleeding, infection, airway compromise, injury to the recurrent laryngeal nerves with associated hoarseness, and injury to the parathyroid glands with resultant hypocalcemia (low blood calcium). Hoarseness and hypocalcemia occur in 20-30% of patients after total thyroidectomy and are typically temporary. Permanent hoarseness or hypocalcemia are rare (less than 1%).

You may advance your diet as tolerated during the post-op period. Your doctor may prescribe calcium supplements and/or vitamin D (Rocaltrol) after surgery. Please take them as instructed. Symptoms of low calcium are numbness and tingling of the fingers or lips. Please notify your doctor if these symptoms persist despite taking the instructed doses of calcium and vitamin D.

Keep your incision clean and dry for the first week after surgery. You should avoid strenuous activity and aspirin-containing products for the first week. Notify your doctor if your incision becomes increasingly painful, swollen, or weeps yellow fluid.

Please schedule an appointment to see your doctor one week after surgery.