
Post-op Instructions for Thyroidectomy, Parotidectomy, or Neck Surgery

ENT of Athens

- Keep your neck in a neutral position
- If Dermabond (skin glue) is used on the suture line, you may shower once the drain is removed. Use soap and water, and pat dry. Do not apply lotions or ointments as this can make the glue dissolve.
- If you have sutures, you may shower in 24 hrs. Clean the suture line with hydrogen peroxide and apply antibiotic ointment 3 times daily.
- Empty and record output from the drain if present as instructed. Keep dry.
- Do not lift anything heavier than 10 lbs for 2 weeks.
- Take any prescribed antibiotics until complete.
- Drink plenty of fluids to stay well hydrated.
- Do not drive until you are able to fully turn your head from side to side. NO driving while taking narcotic pain medications.
- Applying ice to your neck may help with pain.

Call the doctor if:

- You have pain that is unrelieved by pain medications
- Uncontrolled nausea or vomiting
- You develop hives or rash, which may indicate an allergy to a medication
- Your incision is swollen, red, or has pus draining. This is concerning for infection or fluid collection.
- Fever > 101
- Any questions or concerns about your surgery or medications

Call the doctor immediately:

- You have trouble breathing or swallowing
- Your neck area looks swollen or is getting bigger
- Your incision comes apart
- You start having bleeding from your incision
- You have chest pain
- You notice that part of your face begins drooping
- Symptoms of low calcium after thyroidectomy: numbness of the fingers, toes or lips or muscle cramping

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