



**Andrew J. Shapiro, MD Kyle S. Eldredge, DO Michael D. Shockley, MD**  
1447 Medical Park Blvd, Suite 407 ♦ Wellington, FL 33414 ♦ Phone: 561-333-1335 ♦ Fax: 561-333-4252

Recovery/Post-operative Instructions  
**Thyroid Surgery**

**If you smoke or vape, consider quitting to support wound healing and recovery.**

**DIET & BOWEL CARE**

Resume bland, non-greasy, non-spicy foods in small portions the day of surgery. Drink plenty of fluids (water, juice, broth, sports drinks). To prevent constipation, start Colace (Docusate Sodium) 100mg twice daily the day before surgery; stop after your first bowel movement. **TAKE WITH 12 OZ COLD WATER** If no bowel movement in 2–3 days, use a Fleet Enema. **NO STIMULANT LAXATIVES**

**MEDICATIONS**

**Pain:** Narcotics (e.g., Percocet, Oxycodone, Ultram, Vicodin, Tylenol with Codeine) and anti-nausea meds may be prescribed.

- *Do not drive or drink alcohol while on narcotics.*
- Take with food. Benadryl may help with itching (if no rash).

**Regular Meds:** Resume your usual medications the evening of surgery or next morning unless told otherwise. Complete any prescribed antibiotics.

**WOUND CARE**

No showering for 48 hours. No tub or pool soaking for 2 weeks.

- **Steri-strips:** Leave until they fall off
- **Skin glue:** Let wear off naturally (~1 week); do not scrub
- **Drains:** If present, follow provided instructions
- **Ice:** Apply over incision 10 min on/off for 48 hrs while awake

Bruising, soreness, and a firm “healing ridge” under the incision are normal and will resolve over time.

**ACTIVITY**

Walk around several times daily to improve circulation. Light walking and stairs are okay.

- No lifting/pushing/pulling >10 lbs
- No aerobic activity or sexual activity until cleared
- Return to work/school when ready, with restrictions
- **No driving for 72 hrs or while taking narcotics**

**CALL 561.333.1335 IF YOU EXPERIENCE:** (After hours/weekends: ask for the on-call doctor)

- Fever >101.5°F
- Chest pain or difficulty breathing
- Redness >¼", drainage, bleeding, or pus at wound or IV sites
- Increasing incision pain  
Tingling or numbness around lips or fingers
- Difficulty urinating (may need ER evaluation)
- Any other concerns

**FOLLOW-UP VISIT**

Call 2–3 days post-op to schedule your follow-up in **14–21 days**.

Contact our office at **561.333.1335** with any questions or concerns.