

SURGICAL SPECIALIST OF PLANO
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PLANO, TEXAS 75093
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PARATHYROIDECTOMY/THYROIDECTOMY

POST OPERATIVE INSTRUCTIONS

1. Rest easily at home for 2-3 days following surgery. You may resume a regular diet as tolerated.
2. You may experience a "sore throat", stiff neck, and some degree of hoarseness for the first 3-7 days after surgery. Do not be alarmed; these symptoms usually clear by the end of the first week.
3. Take your pain medication as prescribed. PLEASE....DO NOT TAKE ASPIRIN!!!
4. You may or may not have skin stitches which require removal later. This will be addressed on an individual basis.
5. Please call the office to arrange an appointment for 1 week following surgery if one has not already been made.

If you have any questions please call the office at 972-596-5225