

THYROIDECTOMY

MR CICHOWITZ

1. A Waterproof dressing has been applied to your suture line, which should stay intact for at least 5 days.
2. You may experience some pain – if no pain relief medication has been prescribed, you may take Panadol or Panadeine and Nurofen which are available over the counter from any chemist. While taking medication for pain, it is important to drink at least 2 litres of fluids as some medications can cause constipation. If this becomes a problem, you may require aperients, which can be obtained from any chemist without a prescription.
3. Please report any of the following to your Surgeon
 - Temperature above 38°
 - Excessive pain
 - Redness near your suture line
4. A review appointment will be arranged for you in to see Mr Cichowitz
5. Continue to wear your TED stockings until you are fully mobile
6. Continue to increase your mobility gently. Avoid sitting with your legs down, or standing in the one position for too long.

Should you have any other concerns, Mr Cichowitz can be contacted on 5721 4366 or ring Wangaratta Private Hospital on 5723 0950