

Tan Head & Neck Center
3530 Atlantic Ave., Suite 108
Long Beach, CA 90807
(562) 988-8818

WHAT TO EXPECT AFTER YOUR THYROIDECTOMY/PARATHYROIDECTOMY

1. Call Dr. Tan if you experience:
 - a. Difficulty breathing or the sensation of your throat swelling or closing up.
 - i. This may indicate bleeding underneath the incision site.
 - b. Muscle cramps and/or tingling or numbness, especially around your mouth, face or fingers.
 - i. This may indicate low blood calcium which needs to be treated. Begin taking Tums 2 tablets three times a day and call our office.
2. Keep surgical tape on neck until seen for follow up visit. Ok to shower with the tape on.
3. No heavy lifting, strenuous exercise, or excessive neck stretching for two weeks.
4. No Coumadin, Plavix, Aspirin, Motrin, or other blood thinning medications for 7 days after surgery.
5. Schedule follow-up appointment to see Dr. Tan 6-10 days after surgery.
6. Make appointment with your endocrinologist/primary care physician.