



## THYROID/PARATHYROID POST-OP INSTRUCTIONS

- You may shower 48 hours after surgery
- You may resume driving approximately 1 week after surgery, if you are able to turn your head adequately to maintain full-range of vision.
- You may move your neck in a normal manner after surgery
- Resume your normal activities as tolerated after surgery
- If you develop tingling or numbness around your lips or fingers, please call our office.
- If you have had parathyroid surgery, please make sure you eat foods rich in calcium.