



General Surgery

1825 Martha Berry Blvd. Rome, GA 30165

706-236-6328

### **THYROID/PARATHYROID POST-OP INSTRUCTIONS**

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