

## Wound care

1. Placed ice bag on the neck wound .This will reduce swelling and pain.
2. Frequently check wound dressing and the skin on back, neck and shoulders for any bleeding from the wound. Please inform the nurse if this occurs.
3. Please support the neck when changing positions or sitting. This will help prevent pain due to neck activity.
4. If the patient feels uncomfortable because the dressing is too tight or has difficulty breathing please tell the nurse.
5. Tell the nurse to give medication if the patient cannot endure the pain or is restless.
6. If the patient is unable to cough sputum the nurse will provide instructions about vapor inhalation therapy.

7. Speak as little as possible during the first several days as the voice may be hoarse or weak. This condition is usually restored very quickly.
8. Once sutures are removed apply steri-strips or surgical tape across the suture line. The surgical scar will improve 3 to 6 months after surgery.
9. Use necklaces, scarves and high-necked clothes to conceal the scar.



## Diet

1. The patient may have cold liquid food when fully aware. If there is no nausea and vomiting the patient may eat a soft diet such as gruel or noodles in the afternoon on the second day.
2. The patient may have difficulty swallowing and choke easily so must eat less and more slowly. Avoiding a pure liquid diet.
3. To promote wound healing the patient should eat foods with protein such as fish, meat, egg, milk and legumes.
4. Avoid ingesting irritants such as liquor, cigarettes, coffee, cola and spicy foods.



## Activity and movement

1. Elevate the head of the bed 25 to 35 degrees. This helps to keep the respiratory tract unobstructed and the sputum to be expelled.
2. Please massage the back of the neck every 1-2 hours for relaxation.
3. The patient may get out of bed on the second day post surgery.
4. Please be attentive to rest and only have little exercise for 2-3 weeks after surgery.



## Home Care

1. Please comply with the Doctor's prescription. Do not increase, decrease or discontinue medications by yourself.
2. Please tell the nurse or have the patient return to the hospital as soon as possible if any signs or symptoms occur as listed below.

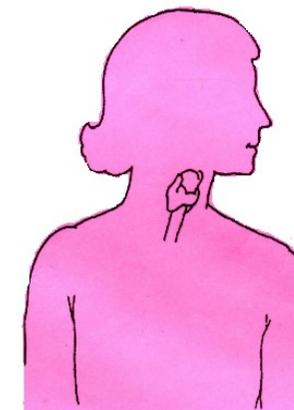
- Feelings of numbness or spasms from any extremity during the first week
- Fever, restless, irritable, heart palpitations
- Cyanosis (color of lips or fingers becomes blue or purple), difficulty breathing, neck muscles feel tight
- Wound swelling

3. The patient must return to hospital for an examination during 1-2 weeks to prevent any complications.

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## THYROIDECTOMY POST-SURGICAL CARE

【英文版】



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