

## **What to expect after surgery in the hospital**

-Immediately following your surgery, Dr. Kroeker will locate your family and speak to them privately in a consultation room located near the waiting room.

-You will wake up in the recovery room where you will spend about an hour, to ensure you are fully awake and ready to go to your hospital room. Your family will be notified where to go in order to meet you upon your arrival in your hospital room.

-The head of your bed will be raised 45 degrees for the first 24 hours to prevent blood from pooling in the head and neck region.

-You will be able to speak and swallow immediately following surgery, although you will have a very sore throat from the breathing tube inserted by your anesthesiologist. This will ease over the course of a few days. Ice chips and throat lozenges will provide some relief.

-Your neck incision will be covered with white, thin, sticky strips called steri-strips.

-It is normal to have some discomfort, although you will be surprised how little pain you have following thyroid/parathyroid surgery. The discomfort is usually controlled with over the counter Tylenol and Ibuprofen, but stronger medications will be available should you need them. An ice pack placed directly over the incision will also provide some relief.

-Some people experience nausea and vomiting following surgery. Dr. Kroeker does NOT want you to vomit after surgery; therefore, if you feel the slightest bit of nausea, call your nurse immediately to ask for an anti-nausea medicine.

-After surgery, you may need calcium and vitamin D. Signs of low calcium are numbness and tingling around your lips, mouth, fingers, and toes. If you experience any of these symptoms, notify your nurse immediately. Dr. Kroeker will determine any necessary home needs at the time of discharge.

-You will be on a clear liquid diet immediately following surgery and will restart all of your home medicines. The following morning, you may resume a regular diet.

-You will have an intravenous line (IV) in your arm to give you fluids and medications until you are drinking adequately and taking your oral medications. At that point, the intravenous fluids will be stopped.

-Later in the day following your surgery, you will walk to the bathroom, sit in a chair, and walk in the halls. The nursing staff will be happy to assist you. The more active you are following surgery, the faster you will recover.

-Most patients who have thyroid and parathyroid surgery will go home the following morning after surgery.