

Surgery Center of Pinehurst Home Instructions for Thyroid Lobectomy

- 1 . Keep the head of your bed elevated with an extra pillow or rest in a recliner.
- 2 . Take the medication your physician prescribed for you. Remember, take the medication with food. This will minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Do not drive as long as you are taking pain medication.
- 3 . If your doctor prescribed an antibiotic, take it until it is completely gone.
- 4 . Do not take Aspirin or Aspirin containing products for 1-2 weeks following your surgery.
- 5 . No stooping, bending, heavy lifting, or strenuous exercise until instructed by your physician.
- 6 . You will need to be out of work or school for a week to ten days or until released by your physician.
- 7 . It is important to keep your return appointment with your doctor. If the scheduled time is inconvenient for you, please call the office and we will reschedule for a more convenient time.
- 8 . Incision:
 - If Steri Strips are used, be sure to keep them clean and dry
 - If Sutures or Staples are used, clean with peroxide and apply an antibiotic ointment three or four times a day.

Call your doctor if you have any of the following:

- A temperature of 101 degrees or higher not relieved quickly with Tylenol
- Bleeding
- Swelling
- Numbness or tingling in your fingers or around the lips

If you have any questions or concerns, do not hesitate to contact our office.

Office hours are Monday through Friday, 8 a.m. until 4 p.m.

After 5pm or on the weekend, call First Health Moore Regional Hospital at 910-715-1000 and ask for the physician on call.

Dr. Carl Berk: 910-295-0219

Dr. Jefferson Kilpatrick: 910-295-0216

Dr. Matthew Grafenberg: 910-235-2706

Dr. Wyman McGuirt: 910-295-0242

Dr. Waldemar Riefkohl: 910-295-0240