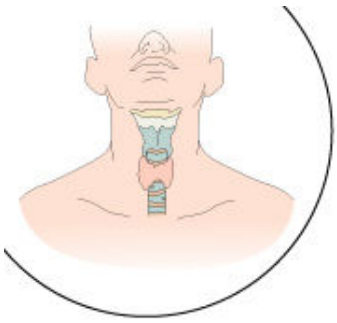
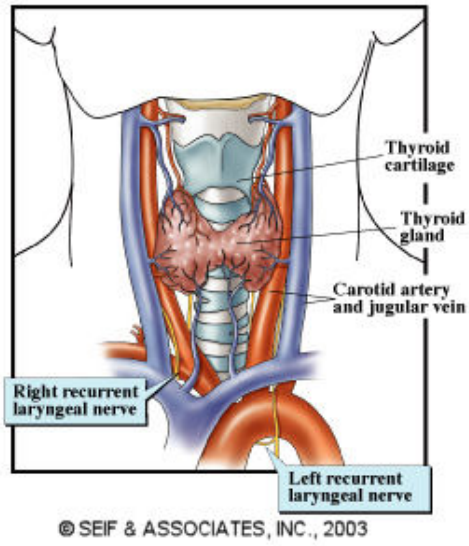
Thyroid Plasty, Chondrolaryngoplasty
Care After Surgery

Please read the instructions outlined below. Refer to these instructions for the next few weeks. These discharge instructions provide you with general information on caring for yourself after surgery. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your surgeon or primary caregiver.





HOME CARE INSTRUCTIONS

- It will be normal to be sore for a couple weeks following surgery. See your caregiver if this seems to be getting worse rather than better.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Use showers for bathing, until seen or as instructed.
- Change dressings if necessary or as directed.
- You may resume normal diet and activities as directed or allowed.
- Avoid lifting or driving until you are instructed otherwise.
- Make an appointment to see your caregiver for *suture* (stitches) or staple removal when instructed.
- You may use ice on your incision for 20 minutes, 4 times per day for the first two days.

SEEK MEDICAL CARE IF:

- You have increased bleeding from wounds.
- You see redness, swelling, or have increasing pain in wound or your neck.
- You have pus coming from your wound.
- You develop an unexplained temperature over 101° F (38.3° C).
- You have a foul smell coming from the wound or dressing.
- You develop lightheadedness or feel faint.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You develop any reaction or side effects to medications given.
- You develop swelling in your neck.
- You develop changes in speech or develop hoarseness which is getting worse.

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