

## **Dr. Namdar's instructions for:**

### **Thyroidectomy, parathyroidectomy, parotidectomy, or neck mass biopsy**

#### **Before Your Surgery:**

Dr. Namdar's assistant will review the preoperative instructions with you in detail. Make sure you follow instructions regarding medications, and if instructed so, obtain a medical clearance and necessary lab work from your primary care doctor.

Dr. Namdar's office will contact you a day or two before the surgery to discuss with you the exact time that you need to arrive for your surgery. You may also get a separate phone call from the hospital confirming the time and the location.

#### **Day of Surgery:**

Kindly show up at the designated time for your surgery. Most adult patients can come in by themselves, but it is mandatory for an escort for to pick you up on the way home. Pediatric patients need to come in with their parents or their legal guardian. All patients need to be on a completely empty stomach, meaning no food or liquids after midnight the day before.

Upon arrival to the hospital, please proceed to the security desk and tell them that you are having surgery. They will guide you through to the pre-operative preparation area where you will meet the nurses and the anesthesia doctors. Dr. Namdar will also meet you there to prepare you for your surgery.

#### **Surgery:**

The surgery is performed under general anesthesia. For most patients, this will take approximately a few hours.

#### **Recovery:**

At the completion of the surgery, you will be taken to the recovery room. Visitors can meet you as soon as you are stable. Patients undergoing neck biopsy can go home the same day. Other patients will be admitted for overnight observation. All patients need to be escorted home upon discharge.

#### **Hospital stay:**

During your hospital stay, members of the hospital staff affiliated with Dr. Namdar will attend to your needs. You will be restarted on your regular medications. Additionally, pain medicines will be given to you as needed.

There will be a plastic drain coming out of the vicinity of the surgical area. This is designed to drain any fluid collection. The drain will be taken out before you are discharged.

Medications:

You will be given the prescriptions as follows:

- Pain medicines to be taken as directed.
- Antibiotic as preventive measure to avoid infection.

Postoperative Instructions:

You can take showers as usual, and you can get the surgical area wet after two days. Do not soak the area under water.

A mild degree of swelling in the area is expected. If you see a sudden swelling, or any drainage from the wound, please call Dr. Namdar immediately.

Postop Visit:

Dr. Namdar would like to see his patients undergoing the above procedures usually at one week after the surgery. Please contact the office to make an appointment for your visit.