

After Your Surgery: Thyroglossal Duct Cyst Excision



What to Expect

- You will have pain and soreness around the incision and the front of your neck.
- You may have mild oozing from around the incision.
- You may go home with a drain, which will be removed at your first post-operative visit. Before discharge, the nurse will teach you how to empty the drain and record drain output.

What to Do

- Remove the gauze dressing 24 hours after the surgery.
- Ok to shower 24 hours after surgery. Can let warm, soapy water run over wound.
- Keep your head elevated while sleeping for 72 hours. Sleep with an extra pillow or two.
- Pain can typically be controlled with over-the-counter Tylenol and ibuprofen or Aleve. You can take these per instructions on the bottle.
- If prescribed narcotic pain medication, can use this for breakthrough pain.
- If a drain was placed, empty the contents of the surgical drain and record drain output every 8 hours.

What Not to Do

- Do not submerge wound in water. Do not scrub wound while showering.
- No heavy lifting or intense exercise for 2 weeks.
- No flying or travel until 1 week after the procedure.

When to Call or See the Doctor

- Persistent fever over 101° F.
- Worsening, severe pain.
- Persistent drainage from the wound or worsening redness around the wound.

Follow Up

- Follow up as instructed, usually 1-2 days after surgery.
- If a drain was placed, it will usually be removed at your first post-op visit.