After Your Surgery

Thyroglossal Duct Cyst Excision

CAPITAL ENT & SINUS CENTER

What to Expect

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

What to Do

- Remove the gauze dressing 24 hours after surgery.
- You may shower 24 hours after surgery. Let warm, soapy water run over the wound.
- Keep your head elevated while sleeping for 72 hours. Sleep with an extra pillow or two.
- Adults: Tylenol 1,000 mg every 6 hours (max 4,000 mg a day; 3,000 mg if the package says so or with liver disease) and ibuprofen 400 mg every 8 hours with food, unless your surgeon said not to or you have an ulcer or kidney disease.
- If narcotic pain medication was prescribed, use it for breakthrough pain.
- If a drain was placed, empty it and record the output 3 times a day (morning, afternoon and bedtime).

What Not to Do

- For 24 hours after anesthesia: no driving, alcohol or important decisions; after general anesthesia, we recommend an adult stay with you the first night.
- No baths, pools, hot tubs or lakes for 2 weeks, or until your surgeon says the incision has healed. Do not scrub the wound while showering.
- No heavy lifting (over about 10 lb) or strenuous activity (anything that makes you breathe hard, strain or sweat) for 2 weeks.
- For 1 week, stay within an hour of our office or an ER, and do not fly.
- No smoking or vaping until your surgeon confirms you have healed.

When to Call or See the Doctor

- Rapidly increasing swelling in the neck or a feeling of tightness, especially with difficulty breathing, difficulty swallowing or a change in your voice: call 911 or go to the nearest emergency room.
- Temperature of 101° F+ for over 24 hours or starting 3+ days after surgery, or 102° F+ at any time (check before the next Tylenol or ibuprofen dose).
- Worsening, severe pain.
- Persistent drainage from the wound, or worsening redness around the wound.
- If you have a drain: it fills with bright red blood, the amount suddenly goes up, the bulb will not stay squeezed flat, or the drain falls out.
- A new lump in the middle of the neck, even weeks or months later.

Questions or concerns? Call the office that scheduled your surgery. After hours, call our main number, 512-339-4040, to reach the on-call physician. For a life-threatening emergency, call 911.

Austin 512-339-4040 **Lakeway** 512-682-4798 **Marble Falls** 830-992-2830

Dripping Springs 512-339-4040

Scan for the full guide