

POST-SURGICAL RECOMMENDATIONS FOR THYROGLOSSAL CYST RESECTION

Process: Care and Treatment | **Code:** CT-FO-140 | **Version:** 03 | **Approval Date:** May 19, 2016

GENERAL CARE

- It is very important that you rest during the first few days. You must avoid intense exercise. You may walk inside the house, watch television, or read. Do NOT take long walks until authorized by your doctor.
- Apply local cold using ice wrapped in a cloth to prevent further swelling, during the days stipulated by your treating otolaryngologist.
- Do not leave the city without your doctor's authorization.

DRAIN CARE

- Be careful NOT to pull abruptly and prevent the drain tubing and reservoir from becoming tangled.
- Keep a record of the amount of fluid extracted from the drain reservoir each time it is emptied. It should be emptied as needed in the following manner: clamp the drain using the device provided to stop the flow of fluid; disconnect the system and dispose of the fluid from the reservoir into the toilet; immediately re-verify and re-establish the vacuum before reconnecting the system. Bring this fluid drainage record to your follow-up appointment with your treating otolaryngologist.
- If you notice redness (rubor), heat, swelling, or pain around the site where the tubing exits the skin, consult your treating otolaryngologist immediately.
- In the event that the drain becomes dislodged or comes out for any reason, call to notify your treating otolaryngologist and go immediately to the emergency room (CLÍNICA CES).

WOUND CARE

- Avoid wetting the dressing (gauze-Micropore) placed over the wound.
- If you notice redness (rubor), heat, swelling, or pain around the wound, consult your treating otolaryngologist immediately.
- If you observe a discharge of abundant fluid, blood, or purulent material (pus), consult your treating otolaryngologist.
- After the stitches are removed from the surgical wound, it must be washed with plenty of soap and water. Before washing, ensure you practice proper hand hygiene to prevent surgical wound infections. If your treating doctor recommends lubricating the wound, remember to do so after washing for the duration prescribed.
- Maintain good personal hygiene.
- Use good cleaning techniques in the room where you will be staying during recovery.

DIETARY CARE

- During the first day, avoid consuming dairy products and do not drink carbonated beverages (sodas). These items can cause vomiting and significant discomfort.
- It is recommended to consume soft foods and certain liquids during the first day, such as non-acidic juices, popsicles, and gelatin; prefer fruits like papaya, mango, pineapple, guava, etc. After the second day, your diet can return to normal.

MEDICATIONS AND CARE

- Take only the medications prescribed by your treating doctor and for the established duration.
- Avoid Aspirin®, Naproxen®, Advil®, Ibuprofen®, and herbal/natural remedies.
- Consult your treating doctor regarding any medications you were taking before the surgery and their post-surgical administration.
- In case of pain, DO NOT self-medicate; consult your doctor.

DO NOT BE ALARMED

- If you experience mild pain and swelling at the surgical site.
- Dizziness and vomiting during the first 3 days after the procedure.
- If you notice a minor or slight trickling of blood through the wound.
- If a constant output of blood from the wound into the drain reservoir is observed during the first 12 postoperative hours.

WARNING SIGNS

If you experience any of the following warning signs, you must contact your doctor immediately:

- Temperature above 38°C (100.4°F) after the first 72 hours.
- If a continuous and abundant output of blood from the wound into the drain reservoir is observed after the first 12 postoperative hours.
- If no blood output is observed through the drain, this indicates that a proper vacuum is not being maintained due to various circumstances unrelated to the handling provided.
- If you notice redness (rubor), heat, swelling, or pain around the wound, consult your treating otolaryngologist immediately.

YOUR SAFETY IS VERY IMPORTANT TO US If you have not yet contacted your doctor, you can call the clinic at **2658584 ext. 170-177**. Please note that phone hours are Monday through Friday from 6:00 AM to 9:00 PM. Alternatively, you can write to **seguridad.paciente@clinicaorlant.com** to receive further instructions.

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