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## **Instructions following Thyroglossal Duct Cyst Excision**

In this surgery, a small incision in the front of your neck will be made, typically above the Adam's apple. The cyst and a small portion of the hyoid bone in the front of the neck will be removed. If this portion of bone is not removed, the likelihood of the cyst returning is high.

### **Diet**

Patients may resume a regular diet without restrictions. Many patients note a scratchy throat for the first day or two and may prefer soft foods initially.

### **Activity**

Light to moderate activity as tolerated is permitted. Patients may carefully turn the head from side to side and look up and down without undue worry about stitches. Heavy lifting, straining, and strenuous exercise should be avoided for at least one week following surgery.

### **Pain**

Neck pain and neck stiffness are to be expected. Your physician may prescribe a narcotic pain reliever. You may use this as prescribed for severe pain. Do not drive while taking narcotic pain medications. Acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) may also be used for mild-to-moderate pain.

Narcotics may cause constipation; stool softeners such as docusate sodium (Colace) can be helpful for this.

### **Wound care**

Please contact our office if any redness, increased swelling, or increased pain develops at the surgery site. Patients may shower or bathe normally. You may get water on the incision. If you have stitches, they may get wet. If you have a plastic bandage over your incision, you may get this wet. If you do not have a bandage over the incision, apply antibiotic ointment such as Neosporin or bacitracin twice daily.

### **Medications**

Patient should resume all regular medications after surgery.

### **Fever**

Please call the office if your temperature is greater than 101°F.

**\*\*\*Your physician will send 2 prescriptions in for after surgery. One will be an antibiotic and one will be pain medicine. Please pick these prescriptions up at your pharmacy BEFORE your scheduled surgery.**

**Follow-up appointment:**

Your follow up appointment in the office will be 1 week following your surgery. This visit should be scheduled prior to your surgery (at the time of your pre-operative visit). If you do not have the appointment made, please contact our office when you arrive home from the surgery center.