



## **POST OPERATIVE INSTRUCTIONS FOR THYROGLOSSAL DUCT CYST EXCISION**

1. You will have a drain placed beneath the skin that removes fluid created by the remaining gland. This will stay in place for three (3) days and will be removed when you see the doctor on your first post-op visit.
2. Empty the drain once in the morning. You can stop emptying the drain if less than 20cc appears in the container.
3. Eat soft foods and drink liquids. It is easier to swallow with your chin tucked down. (Flex head).
4. Take the antibiotics as prescribed for five (5) days.
5. Take Tylenol or Tylenol #3 for pain as needed.
6. You can take a shower, but try not to let water run directly on the wound. If the incision site gets wet, simply pat it dry.
7. Please call our office if you have any other concerns. Please make an appointment to see the doctor three (3) days after surgery to remove the drain. Be patient, it takes about one week to fully heal.