

POST OPERATIVE CARE

THYROID DECOMPRESSION

PLEASE READ THESE INSTRUCTIONS IN THEIR ENTIRETY

FOR THE FIRST 24 HOURS AFTER THE PROCEDURE

LEAVE THE PATCH IN PLACE

- You have a drain in place that will drain fluid.

SLEEP WITH HEAD ELEVATED

- Elevate head on pillows or sleep in a reclining chair to help decrease swelling.

AVOID NOSE-BLOWING

AVOID BEARING DOWN OR STRAINING

REST with minimal activity.

NOTIFY NATURAL STATE AESTHETICS IF YOU NOTICE ANY NEW EYE PAIN.

Who to Text or Call

Regular Hours (8a-5p, Mon-Fri)	Clinic Technician Line	479-279-6900
After Hours	Dr. Heymann's PA Ellie	913-940-7754
If you can't reach us any other way	Dr. Heymann's personal cell phone	361-739-9376



- If you are experiencing an issue, do not hesitate to text or call at any time.
- If texting, please include a helpful picture depicting the issue, your name, date of birth, date of surgery, and type of surgery.



If you are experiencing an emergency that is life or vision-threatening, or are unable to get in touch with us, call 911 or go to the emergency room.