

AFTER THYROID SURGERY DIET PLAN & LIFESTYLE

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

MAIN GOALS

1. Support healing. 2. Prevent calcium deficiency. 3. Maintain energy. 4. Manage weight 5. Support hormone balance (after starting Thyroxine)

PHASE 1: FIRST 3-5 DAYS (SOFT DIET)

AFTER SURGERY THROAT MAY FEEL SORE.

WHAT TO EAT

1. Khichdi. Daliya. 2. Soft rice + dal. 3. Suji porridge. 4. Mashed vegetables. 5. Curd rice 6. Soups (vegetable / chicken clear soup)

AVOID

1. Very spicy food. 2. Very hot food 3. Dry hard food (toast, paratha initially)

HYDRATION: 2-2.5 LITERS DAILY.

CALCIUM IS VERY IMPORTANT

AFTER THYROID SURGERY, TEMPORARY LOW CALCIUM CAN OCCUR (ESPECIALLY TOTAL THYROIDECTOMY).

INCLUDE:

1. Curd. Paneer. 2. Ragi. 3. Sesame seeds (til). 4. Almonds. 5. Milk (if tolerated)

IF TINGLING IN FINGERS, CRAMPS → INFORM DOCTOR IMMEDIATELY.

IF YOU ARE ON THYROXINE (LEVOTHYROXINE)

VERY IMPORTANT INSTRUCTIONS:

1. Take early morning. 2. Empty stomach. 3. With plain water. 4. Wait 30-45 minutes before eating. 5. Do NOT take with tea/coffee. 6. Avoid calcium & iron supplements within 4 hours

CONSISTENCY IS KEY.

LONG-TERM DIET AFTER RECOVERY

HIGH PROTEIN (WEIGHT CONTROL + HEALING)

1. Dal. 2. Paneer. 3. Eggs. 4. Chicken / fish. 5. Sprouts (well cooked initially)

FIBER FOR WEIGHT MANAGEMENT

MANY PATIENTS GAIN WEIGHT AFTER SURGERY.

INCLUDE:

1. Oats. 2. Whole wheat roti. 3. Brown rice (moderation). 4. Vegetables (cooked). 5. Flaxseed (1 tsp daily)

IODINE INTAKE

Normal Indian diet usually sufficient.

Avoid excess iodine supplements unless prescribed.

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AVOID

1.Crush dieting. 2.Excess soy (can interfere with thyroxine absorption). 3.Excess caffeine 4.Ultra-processed foods Smoking

LIFESTYLE AFTER THYROID SURGERY

1.Light walking after 1 week (if doctor allows). 2.Avoid heavy lifting for 3-4 weeks. 3.Neck stretching exercises (as advised). 4.Maintain healthy BMI. 5.Regular TSH monitoring

SAMPLE ONE-DAY DIET PLAN (POST-RECOVERY)

MORNING

Thyroxine (empty stomach)

BREAKFAST (AFTER 45 MIN)

Oats + almonds

MID-MORNING

Fruit (apple / papaya)

LUNCH

2 roti + dal + sabzi + curd

EVENING

Green tea + roasted chana

DINNER

Paneer bhurji + 1 roti + vegetables

WHEN TO SEE DOCTOR URGENTLY?

1.Breathing difficulty. 2.Severe swelling. 3.Tingling / muscle cramps 4.Voice changes not improving