

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. Dalia. 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. Crash dieting. 2. Excess soy (can interfere with thyroxine absorption). 3. Excess caffeine 4. Ultra-processed foods 5. 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