

Post-Operative THYROID SURGERY Instruction

Background Information:

- The thyroid gland is a small, butterfly shaped gland below the Adam's apple. It consists of two (2) lobes and is responsible for controlling the body's metabolism and energy level.
- A lump in the thyroid gland is called a nodule. Most nodules are benign (non-cancerous), but occasionally a nodule may be malignant (cancerous).
- Surgery is required if the nodule changes in size or interferes with breathing, swallowing, or causes an increased pressure sensation of the trachea or if there is a malignant diagnosis.
- A Thyroidectomy is a common and very successful surgery. The surgery requires approximately two (2) hours of general anesthesia. An over night hospital stay is required for post surgery monitoring and for the removal of a drain from the incision prior to discharge.

Normal Post-Operative Expectations:

Mild to Moderate pain at the surgical site with associated sore throat & hoarseness lasting 1 week

Take your medications as directed.

Expect an incision at the base of your neck covered by a surgical dressing.

Showering may be resumed immediately unless instructed otherwise. Replace a wet dressing with a dry one if necessary. If the drain insertion site is not covered by the surgical dressing, liberally apply an antibiotic ointment over the site and refrain from showering until the drain site has formed a scab.

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Avoid wearing restrictive clothing that may irritate your incision.

Avoid straining and lifting items greater than 20 lbs (i.e. gym workouts etc.).

A mild low-grade fever is normal for the first 1-3 days post operatively.

Diet – Start with fluids and advance to a normal diet when you feel ready.

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Call the office at 224-2353 if you experience any of the following:

Bleeding

Trouble breathing or swallowing

Report promptly any muscle cramps, numbness or tingling in the face, lips, hands, or feet.

Report any warmth, redness, swelling, increased pain or discharge from the incision site.

Fever up to 101 that does not resolve with medication.

Medication problems.

Hoarseness that lasts longer than 3 weeks

Rev. 6/14