

# POST OPERATIVE CARE

## THYROIDECTOMY



### Hemithyroidectomy versus a total thyroidectomy:

A hemithyroidectomy is a surgical procedure to remove one section/half of the thyroid gland, which leaves behind some functioning thyroid tissue. A total thyroidectomy removes the entire thyroid gland.

### Prior to Surgery

- The surgery coordinator will notify you of the pre-admissions appointment as well as any necessary testing
- The hospital will notify you of the medications you can take the morning of surgery
- Please refrain from taking any aspirin containing products two weeks prior to surgery

### The day before surgery:

The surgery coordinator will call you the day prior to surgery to give you your hospital check in time.

Please **do not** eat anything after 12AM the night before your surgery.

Clear liquids are allowed until up to 2 hours before the surgery time.

Once you are discharged home, prescriptions will be sent to your pharmacy.

These will include: antibiotics, pain medication, and nausea medication.

### After Surgery

- The surgery coordinator will call you and go over any questions you may have as well as schedule a follow up appointment.
- For most patients, the surgical wound will have Dermabond (glue-like substance) instead of stitches. With Dermabond, you are able to shower. The glue will begin to peel 10-14 days after surgery and you may remove the remaining glue.
- For scarring, there are over-the-counter products/creams that you may purchase to help with this.
- It is normal to have flu-like symptoms or an increase in pain 3-5 days after surgery. Once these symptoms have passed, you will begin to feel better each day. Note: it may take up to one month after surgery to feel fully recovered and energy level restored.
- Our office will contact you regarding any blood work/results. **Call our office six weeks** after surgery in order to put an order in for blood work to have thyroid levels checked.
- Please refrain from lifting anything over 10-15lbs for at least two weeks after surgery.
- Be sure to get plenty of rest! Plan to have a one - two week recovery and take off from work. Should you need paperwork for employers, notify our surgery coordinator.

**Contact our office immediately if you experience the following: excessive swelling, bleeding or warmth over the incision site, fever greater than 101°, tingling/muscle cramping in your face, or muscle spasms in your hands, pain not relieved with pain medications or nausea/vomiting not relieved with medication.**

**828-263-5684 Or After hours 1-800-893-6743**