

# Thyroidectomy

## What Is The Thyroid Gland?

The thyroid gland is a small butterfly-shaped gland located in the neck in front of the trachea (windpipe). It produces hormones that control and regulate the body's metabolism and temperature.

## Why Do I Need A Thyroidectomy Surgery?

Thyroidectomy is the surgical removal of all or part of your thyroid gland.

This surgery may be recommended to treat a number of diseases and conditions such as:

- Thyroid cancer.
- Noncancerous enlargement of the thyroid (Goiter).
- Hyperthyroidism (over active thyroid) .
- Suspicious thyroid nodules with undetermined cancer status after sampling from a needle biopsy or nodules with high likelihood of malignancy.

## What Preparations Should I Make If I Am Having a Thyroidectomy Surgery?

- Your doctor may schedule further imaging (ultrasound or CT scan) of the thyroid and neck area, if necessary.
- Depending on your age and previous medical history, you may need to undergo a series of investigations to ensure your fitness for surgery. This may include a blood test, electrocardiogram (ECG) etc.
- You may be scheduled to see an anaesthetist to ensure your medical fitness to undergo surgery.

## Advice Following Thyroidectomy:

- You will usually be observed in the hospital for one night after the surgery.
- There may be one or two surgical drains attached to a drain bottle.
- This will be removed in the outpatient clinic after discharge.
- You may experience some pain or discomfort after the operation. Take your pain relief medication as prescribed by the surgeon.
- You may also be given oral antibiotics and topical ointments for the wound.
- You should be able to eat, drink, and move normally on the same day after the surgery.
- Avoid strenuous activities such as running, swimming, water sports etc.

**Important to note:**

- Keep your wound clean and dry.
- Monitor for signs of infection such as fever, worsening pain, redness, swelling or discharges.
- Monitor for difficulties breathing, swallowing or talking.
- Avoid tugging or disconnecting the drainage tubing.
- Mark the fluid levels on the drainage bottle(s) every morning to allow your doctor to monitor the volume of fluid that has been drained out.

**When Should I Seek Medical Help?**

Should you experience any of the following symptoms:

- Sudden increase in the fluid drainage of more than 50ml within two hours or more than 100ml over the course of 24 hours.
- Fever or chills.
- Worsening pain despite regular pain relief medication.
- Persistent/large amount of bleeding.

Please call our main line or head to your nearest Emergency Department

## Alexandra Hospital

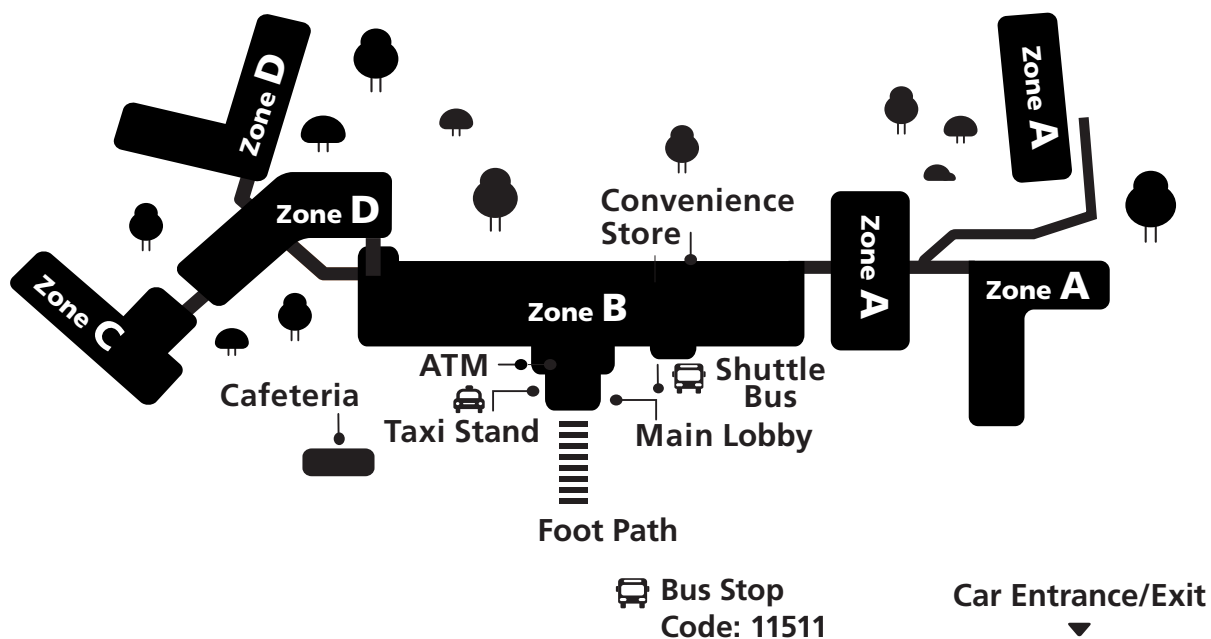
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