

## **Partial or Hemithyroidectomy**

**Wound care:** Your wound will be covered with tape which should be left in place for about 2 weeks. The tape will be removed at your first postoperative visit. It is normal to notice some dried blood under the tape, you can shower with the tape in place and even get it wet. Once removed, the tape may need to be replaced and you will then need to change it every 5 days for the next 4 weeks to get the best possible cosmetic result.

**Activities:** You should generally restrict vigorous activities for 1 to 2 weeks following your surgery. Activities which involve turning the head suddenly, such as driving in heavy traffic should be avoided for 5-7 days post-surgery.

**Local symptoms:** A variety of local symptoms are common for several weeks after surgery including tightness, choking or having to force down food. Headaches and tiredness are also common as is weakness of the voice with prolonged use. Occasionally a symptom may last for months. Swelling of the neck around the wound is also common and may benefit from daily massage with Vitamin E cream. Numbness of the skin above the wound may be present and may last for many months.

**Late Complications:** these include wound infection and swelling under the wound due to bleeding. The latter is more common in patients on blood-thinners. **If your wound becomes very tight suddenly, go to your nearest hospital.** If you have gradual onset/mild tightness, see your GP. If there is also redness, it is likely you have an infection and require antibiotics.

### **Follow up:**

- A visit at 2 - 3 weeks to remove the tape & discuss results. You will need to ring the office if an appointment has not yet been made.
- Further review at 3-6 months and/or as required with your GP to monitor your thyroid function

**Country Patients:** If you are unable to return to Canberra for follow-up, it may be possible for the tape to be changed and for your follow-up to be undertaken by your local doctor. Please contact us for advice.

**Thyroxine Medication:** If you were taking Thyroxine prior to surgery, please continue this medication. Thyroxine is best **taken half an hour before breakfast**

**Please take this to your GP:**

**DEAR DOCTOR, IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO CONTACT DR HAZEL SERRAO-BROWN**

**Tel: (02) 6282 1200**

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