

Patient information

Partial thyroidectomy and post-operative care

What is it?

A **partial** or **hemi-thyroidectomy** is the removal of one of the lobes of the thyroid gland.

The surgery is usually carried out to relieve pressure symptoms in the neck or to establish a clear diagnosis of a thyroid nodule.

Following your surgery

- Your wound will be covered with steristrips so it can easily be monitored for bleeding or swelling.
- Your blood pressure and pulse will be checked post operatively for the first 4 hours.
- You will be nursed on the Day Surgery Unit ward for at least 4 hours post operatively. After 4 hours your fitness for discharge will be assessed and you are likely to be allowed home however you may need to stay longer.

Post operative discharge advice

- It is quite normal to notice some bruising around the site. You may also experience some numbness and/or tingling. The initial redness of the scar will gradually fade over the next 6 months until it becomes a pale white line. After 10 days it is advisable to massage the wound daily with a moisturising cream.
- You may experience some mild to moderate pain, which can be relieved by taking over the counter painkillers.
- You are advised to avoid any heavy lifting or contact sports for 4 weeks.

- You may drive when you can safely perform an emergency stop and turn round and reverse safely with your seat belt on.
- You will need to book an appointment with your practice nurse to assess the wound and trim the suture ends 5 – 7 days after surgery.
- An outpatient appointment will be booked for you 2 – 3 weeks after the operation. This will be sent to you.

Special instructions

.....

.....

.....

Return to work

.....

Please come to the accident and emergency department if:

- Any bleeding or excessive swelling of your neck occurs

If you experience any of the following in the first 4 weeks after your surgery please contact the secretary of your surgeon:

- You have had increasing pain and redness around the wound
- If you have any changes to your voice

If you require any further advice, please contact the Martin Corke Day Surgery on 01284 713959 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours please contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or NHS 111 or visit: www.btf-thyroid/thyroid-surgery

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo)

<https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

