

Ear, Nose & Throat Consultants of Nevada  
Phone: (702) 792-6700 Fax: (702) 792-7198

## Hemithyroidectomy Postoperative Care Instructions

A hemithyroidectomy is the removal of half of the thyroid gland. This procedure, also referred to as a thyroid lobectomy or partial thyroidectomy, is performed to remove symptomatic or cancerous nodules. It may also serve as a treatment for hyperthyroidism, particularly if a single toxic thyroid nodule growing on the thyroid gland causes the production of excess thyroid hormone.

**Wound Care:** Your wound is covered with Steri Strips. Steri Strips are thin adhesive strips which are placed over an incision to help it heal. Keep the Steri Strips dry for the first 24 hours, and then you may gently cleanse the area daily with mild soap and water. You should avoid scrubbing or scratching the incision site. Leave them in place until they fall off on their own or your provider tells you to remove them. They will usually fall off the skin within 10 to 14 days. Try to keep them dry as much as possible to prevent infection.

**Activity:** You may resume most of your daily activities, although you should refrain from heavy lifting (greater than 10 lbs.) or strenuous activity. You can discuss when you may fully resume your daily exercise/fitness routines at your postoperative follow up appointment. In general, there is no lifting of 10 pounds for the first week and no heavy lifting or strenuous activity for two weeks.

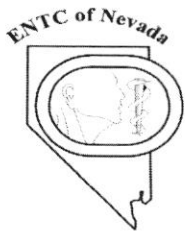
**Diet:** You may resume a regular diet; although at first many patients prefer a clear liquid diet like apple juice, Jell-O, or broth. Feel free to advance back to your regular diet as tolerated. Post-surgery, there are no dietary restrictions.

**What to expect:** You may have a sore throat or a hoarse voice after surgery. You should drink plenty of fluids, and it may be helpful to take throat lozenges to relieve your symptoms. Symptoms may persist for a few days after surgery but should improve over time.

**Shower/Bathing:** Unless indicated by your surgeon, you should be able to shower or bathe as usual.

**Pain:** For at least 10 days after surgery you should refrain from taking any ibuprofen, Advil, Motrin, Aleve, aspirin, etc., because these medications may cause bleeding. For pain, you should take Tylenol or the pain medication provided by your surgical team (unless otherwise directed by your surgeon).

**Education:** For more information on thyroid disorder/disease you may want to visit the American Thyroid Association Website at <http://www.thyroid.org/patient-thyroid-information>.



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This website is designed to be an educational resource tool and to provide up to date information for patients and their families.

Call the office If You Have...

1. Any concerns. We would much rather that you call your surgeon then worry at home, or get into trouble.
2. Fever over 101.5 degrees F.
3. Foul smelling discharge from your incision.
4. More than expected swelling of your neck.
5. Increase warmth or redness around the incision.
6. Pain that continues to increase instead of decrease.
7. Problem urinating.

If you are experiencing bleeding or are having difficulties breathing, **you need to go directly to the emergency room without calling.**

Please note, pathology results are generally not available until 7-10 business days after your procedure. Results will be discussed in the office during your post-op visit.