**Instructions for Partial/Total Thyroidectomy**

A thyroidectomy can involve removing either half or all of the thyroid, depending on the indications of the surgery. Depending on the degree of dissection necessary patients maybe able to go home that evening or will need to remain at the hospital overnight. The thyroid gland controls a hormone related to metabolism, and it will be important to monitor thyroid hormone levels in the future to make sure your levels are sufficient.

**Pre-operatively**

Please avoid all forms of aspirin, alcohol, and herbal products for one week prior to the procedure, and discontinue any blood thinners according to your cardiologist instructions.

**What to Expect:**

* You may have neck discomfort and incision site tenderness that will gradually improve..
* Mild drainage is expected from the incision site, and you may cover the area with gauze or leave it open to air, which ever you desire.
* You may have some Hoarseness, this is not uncommon and may last a week to several weeks.
* Sometimes there is a feeling of fullness, or a sensation that there may be something in the throat. This is not uncommon and will resolve over time.
* You may have an elevated temperature for the first few days after the procedure, especially at night. You may take an over the counter medication to help reduce your temperature. Adequate fluid intake will also reduce the chance of dehydration and an elevated temperature.
* You may notice the area above your incision site is puffy or swollen after the procedure; this is absolutely normal and will decrease gradually.
* Discomfort, neck pain, headache, dry/sore throat, low grade fever- all are expected and should resolve.

**Post-operative Care**

* Start with a liquid diet and then advance diet as tolerated.
* Restrict activity to light duty activity with no heavy lifting (>20lbs) for the first 2 weeks then you may resume full activity.
* Sleep with head elevated for the first 72 hours after the procedure.
* You may bathe or shower after the dressing is removed. Wash with soap and water, pat dry. DO NOT soak incision site or apply wet compresses. You may cover site with gauze if drainage is present. Apply ointment, as prescribed by your physician.

**Wound care instructions**:

* Cleanse suture line (stitches) with peroxide 2 times a day to remove any crusting then apply a small amount of the antibiotic ointment.
* Keep the incision open to air with no dressing if no drainage seen.
* Call the ENT clinic or Case Manger if you experience any of the following:Drainage that persists, Swelling, Increased pain, Fever of 101° or higher