



PERTH ENDOCRINE SURGERY

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Thyroid | Parathyroid | Adrenal | Hernia | Gallbladder

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POST HEMI THYROIDECTOMY INFORMATION SHEET

WOUND CARE

What do I do with the dressings?

You will have steri-strips (sticky white bandaids) covering your wound. These will slowly lose their stickiness over a period of time. You can allow the steri-strips to fall off after this time or if they remain in place they can be removed after 14 days from your surgery. We recommend using micropore tape over the wound (changing it every 2-3 days) after to help with scarring for at least 1 month after surgery.

When can I get the wound wet?

You can shower immediately after the surgery, make sure to dry the wound well gently with a towel. It is advisable to avoid the wound becoming excessively wet and to avoid activities such as swimming or taking a bath for the first week after surgery

What happens with the sutures?

Your sutures are completely dissolvable and hidden and do not need to be removed by a doctor or nurse.

What if I notice soft wound swelling?

It is common the tissues immediately above the wound to swell in the early period after surgery, typically day 3 to 4 post operatively. This swelling is a normal wound healing process and will subside over time without any specific intervention. Sudden neck swelling often with bruising with difficulty breathing is an emergency and you will need to present to the emergency department.

EXERCISE AND DRIVING

When can I drive?

It is safe to drive post operatively when a patient can turn their neck comfortably such that they can see things around them on the road and are not requiring sedating pain medication such as tramadol, panadeine forte etc. This is commonly after two to three days post operatively.

When can I start exercising?

It is best to avoid any strenuous activity for two weeks after your surgery. This includes heavy straining, lifting and the gym. Light exercise such as walking is very safe. You should also perform the simple neck exercises as described in the information pamphlet provided.



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When can I return to work?

You will be given a medical clearance for two weeks after your surgery. If your work is not labour intensive involving heavy lifting and straining, you may return to work sooner than this if you wish to do so.

MEDICATIONS POST THYROIDECTOMY

You do not require any new medications from your surgeon other than routine pain relief as prescribed

NECK EXERCISES

Stretching exercise after neck operation

Let's move slowly and fully at least three times a day.



1. Relax your shoulders and neck sufficiently.



2. Look down.



3. Turn your face to the right. 4. Turn your face to the left. (Be carefull not to move your shoulders.)



5. Incline your head to the right. 6. Incline your head to the left.



7. Turn your shoulders round and round.



8. Slowly raise your hands fully then lower them.