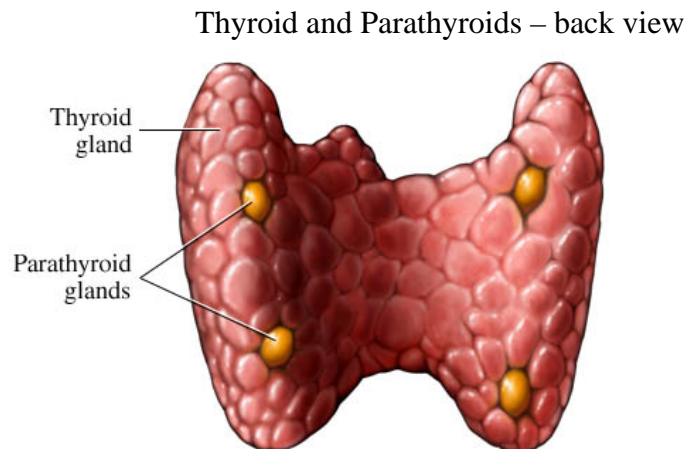
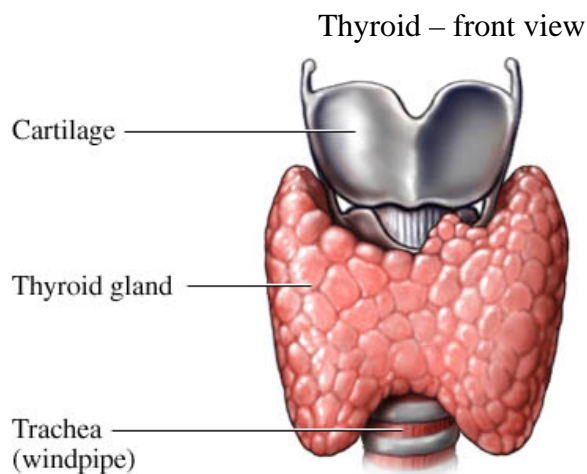


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## Thyroid Lobectomy Instructions

The thyroid gland is one of the largest endocrine glands. The thyroid gland is composed of two lobes positioned on either side of the trachea and joined by the isthmus. Thyroid hormones affect all tissues and organ systems in the body.



**Thyroidectomy Lobectomy** is removal of a lobe of the thyroid gland.

**Operative time:** usually 1 hour.

**Anesthesia:** General anesthesia is used.

**Hospital stay:** usually day surgery.

## **Preparing for Thyroid Surgery**

1. Please inform your surgeon of any signs of cold, infection, or fevers that appear before surgery.
2. Do not eat or drink after midnight on the night before your operation.
3. If you take any prescription medications on a daily basis, as specifically instructed by your surgeon or the anesthesiologist.
4. To confirm your surgical time, please call 617-732-7625 between 3:30 and 6:30 p.m. on the business day prior to your surgery.

## **Day of Surgery**

1. Come to the Day Surgery office at the time specified.
2. You will be accompanied to the Pre-operative Area

## **In Pre-operative Area**

1. An intravenous line (IV) will be started.
2. You will meet the anesthesiologist
3. You will be given sedation.
4. You will be brought to the operating room and given general anesthesia.

## **After Surgery**

1. You will wake up in the day surgery recovery room.
2. The incision is closed with sutures that dissolve and will be covered by a plastic glue-like dressing called Dermabond.
3. Ask for pain medication if you are in pain.
4. You will continue with intravenous fluids until you are taking adequate fluids orally.
5. Your diet will be advanced from liquids to solid food as you tolerate.
6. You will stay in day surgery recovery for approximately six hours.
7. If all goes as expected, you will be discharged home. You must have an escort home.
8. You should start doing range of motion exercises for your neck. You should do these exercises four times a day for five minutes until your neck mobility is back to normal.
  - a. Flex your head forward, left and right
  - b. Turn your head from side to side

## **Discharge Instructions**

The nurse will call you within 24-48 hours after your discharge to review discharge instructions (including medications). Should you have an urgent matter outside of office hours (8:30 a.m. – 5:00 p.m. M-F), please call 617-732-6660 and have your surgeon paged.

**Pain:** For pain, take ibuprofen or Tylenol as your first measure. For more severe pain, take the narcotic pain medication as needed and according to the prescription.

**Incision Care:** The Dermabond wound sealant is waterproof. You may shower, use soap, and pat it dry. Do not use lotions on the incision – lotions will dissolve the coating. After several weeks, it will begin to flake off.

**Activity:** No restrictions. Driving is permitted once you are no longer taking narcotic pain medication and have good neck mobility.

**Diet:** No restrictions.

**Follow up visits:**

1. You will follow up in the office 2-4 weeks after surgery. Please call the office if you do not have this appointment already scheduled.

Please call the office with any questions 617-732-6830.