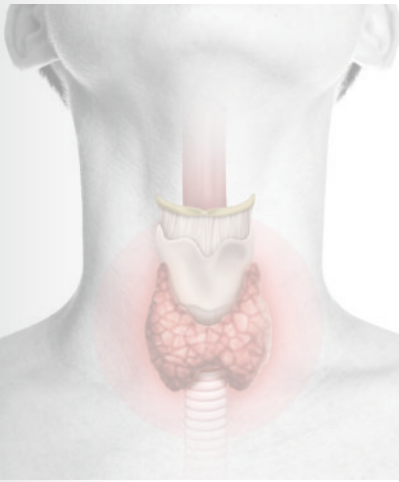


Shalamar Hospital is striving to provide our patients quality health care, at lowest possible costs. Our hospital is continually active in pioneering new treatments and therapies to improve the lives of people in our community.



## WHAT WILL I LOOK LIKE AFTER THYROID SURGERY, AND WHAT WILL I BE ABLE TO DO?

After surgery, patients will have a scar on the front part of their neck that may feel tight and swollen initially. The skin wound will be closed with either clips or an absorbable stitch that loops outside the wound. Patients may have a drain from the wound to collect wound fluid, but in few cases, the doctors avoid using them. Patients may carry the drain around, but it will be removed by a dresser when the drainage is minimal. Patients should be back to their usual activities.



## Total Thyroidectomy Surgery:

(What You Need To Know?)

### ENDOCRINE SURGERY CLINIC

Department of Surgery, Shalamar Hospital

📍 Shalimar Link Road, Lahore.

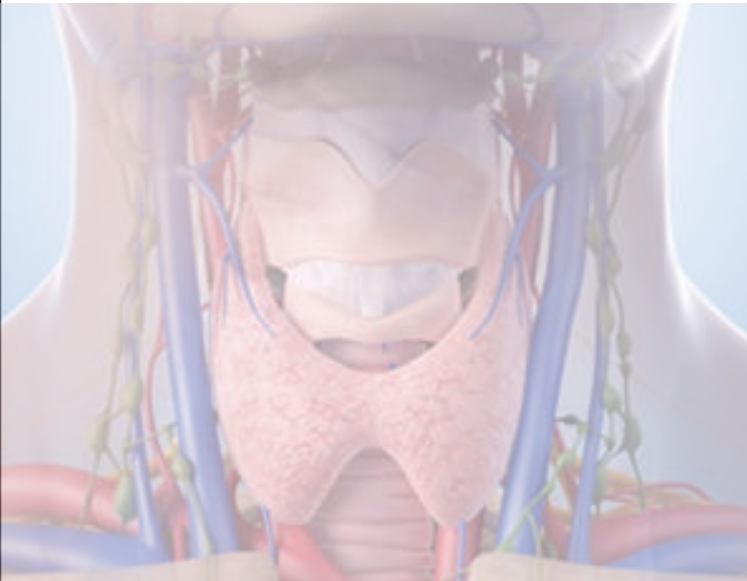
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## WHAT IS THE THYROID GLAND?

The thyroid gland is a small endocrine gland that produces hormones responsible for regulating the body's metabolic rate. The hormones are released into the bloodstream, acting as messengers that affect cells and tissues in other parts of the body.



## WHERE IS THE THYROID GLAND?

The thyroid gland consists of two lobes, each about the size of half a plum, joined together by a small tissue (called the isthmus). The gland is situated just below the Adam's apple, lying on either side of the windpipe.

## WHAT DO THE THYROID HORMONES DO?

The thyroid hormones regulate the speed at which the body cells work. If too much of these hormones are secreted, the cells work faster than normal, resulting in hyperthyroidism. If too little of these hormones are secreted, the cells work slower than normal, leading to hypothyroidism.

## WHAT ARE THE PARATHYROID GLANDS AND HOW DO THEY AFFECT CALCIUM LEVELS?

The parathyroid glands are four small glands attached to the thyroid gland that produce parathyroid hormone (PTH). PTH regulates calcium concentration in the blood, which is essential for healthy bones and overall well-being.

## WHAT IS A THYROIDECTOMY?

A thyroidectomy is the surgical removal of the thyroid gland. It may be recommended to treat an enlarged gland (goiter), Graves' disease, or toxic nodular goiter. It is also done when there is a suspicion of thyroid cancer from previous biopsies.

## WHY IS THYROIDECTOMY PERFORMED?

Thyroidectomy is performed to treat hyperthyroidism caused by Graves' disease or toxic nodular goiter. It may also be done when there is a suspicion of thyroid cancer from previous biopsies.

## IS IT A SAFE OPERATION AND WHAT ARE THE SIDE-EFFECTS?

Total thyroidectomy is a safe procedure, but it requires the patient to take replacement hormone tablets called thyroxine (T4) every day for the rest of their life. Failure to take these tablets will cause symptoms of an underactive thyroid. Parathyroid glands are usually not removed or damaged during the operation, but if this happens, calcium levels may fall below normal, leading to hypoparathyroidism.

## WILL IT AFFECT MY VOICE?

The thyroid gland lies close to the larynx, and damage to the nerves during surgery may affect voice quality. Patients may experience hoarseness, weakness, and altered singing voice, but this generally recovers quickly. In rare cases, the voice changes can be permanent.

## WILL I HAVE NECK STIFFNESS, RESTRICTED SHOULDER MOVEMENT OR PAIN?

Patients may experience neck stiffness, discomfort, and pain after the surgery, but this is usually manageable with medication. Most patients report the discomfort is less than expected, and after the first day, they are able to move around. Gentle neck exercises are recommended after the first day, and full neck movement and shoulder function should be restored within a few weeks.

## WILL I HAVE A SCAR?

Patients will have a scar on the front part of their neck after surgery, but once it is healed, it is usually not very noticeable. The scar runs in the same direction as the natural lines of the skin on the neck. The doctor may advise you to apply Contractubex® Gel after operation to improve the quality of scar.