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Practice locations:

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Post-operative Instruction Sheet: Total Thyroidectomy

Thyroidectomy is the removal of all or part of your thyroid gland. Your thyroid is a butterfly-shaped gland located at the base of your neck.

Analgesia

- Paracetamol or Paracetamol with Codeine combination – as required
- No Aspirin or Nurofen for one week

Activity

- Nil strenuous activity for two weeks after surgery

Wound

- Wound may be wet in shower and dabbed dry with a towel
- Topical aqueous cream or barrier cream two times per day
- Wound may be left open without any covering

Medications

- Take antibiotics – if prescribed
- Take calcium and Vitamin D supplements, if prescribed

Post-operative Follow-Up

- Post-operative follow-up in rooms is typically two weeks after surgery
- If you have any issues, please contact the rooms within business hours. If you have an emergency outside of normal business hours please present to the nearest emergency department.