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Post-operative Instruction Sheet: Hemithyroidectomy/Parathyroidectomy

The thyroid gland is situated in the lower part of the front of the neck.

The parathyroid glands are right behind your thyroid gland in your neck. Parathyroidectomy is surgery to remove the parathyroid glands or parathyroid tumours.

A hemithyroidectomy is the removal of one of the lobes (and part of the isthmus) of the thyroid gland.

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
- Leave Steristrips on for 4-5 days (until they peel off)
- Please notify rooms if there is any significant swelling that occurs under the wound

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.