

Postoperative pain

Pain is rare after thyroid surgery; all in all, the "internal" wound healing may last up to three months.

Until then, you may still feel hardened areas around the wound and non-specific difficulties when swallowing.

Check-ups and medication

In the majority of cases, thyroid medications must be taken for life (half an hour before breakfast). These are required when a large part of the thyroid gland is removed, so as to prevent thyroid hypofunction and regrowth of the goitre.

Thyroid levels are therefore monitored during check-ups.

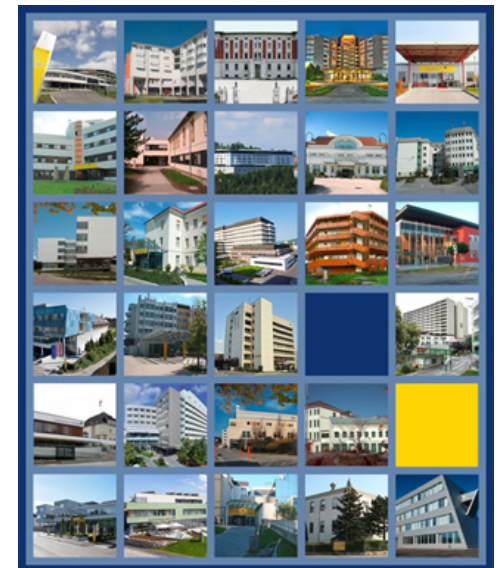
In the case of fever (temperature above 38 °C), swelling, pain or redness at the wound site, increasing hoarseness, loss of voice, increasing difficulty swallowing or even shortness of breath, you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

Surgery

Discharge information



Behaviour after thyroid-surgery

Publication details:

Media owner: NÖ Landesgesundheitsagentur

Version 05/2015

Struma

Dear Patient,

Surgery has been performed on your thyroid glands.

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Please observe the following for the most favourable treatment outcomes:

Physical rest	1-2 weeks
Avoid lifting and carrying heavy objects (max. approx. 5 kg)	2-3 weeks
Sporting activities, full physical activity after	3 weeks
Check-up by the specialist	Depending on the medical prescription
Removal of stitches, staples or Steri-strips (where dissolving stitches have not been used)	Depending on the medical prescription, 3-7 days after surgery

Important general information

Avoid excessive physical strain:

The first week should be a quiet and gentle time for you, with no workload.

From the 2nd week onwards, you can gradually start introducing physical activities. In the 3rd week, you can get back to everyday physical activities again.

When shopping, it would be beneficial to have someone else assist you by carrying the bags.

Avoid sudden movements:

When sitting, place a cushion at your neck to relieve the neck musculature.

You should not drive all the time that the scar affects you when turning your head!

Hair care and personal hygiene

Be careful not to overstretch your head when washing your hair; it is better to bend your head forwards. Showering is possible from the second day after surgery. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths and sauna visits should only be resumed after one to two weeks. In principle, no specific scar treatment is required; however regularly applying a skin care cream can greatly aid the healing process. Avoid exposing the scar to sunlight.