

Following Thyroid surgery

Wound care

The skin edges of your neck are sealed together with a dissolving stitch. You will have a waterproof dressing. You can shower & bath immediately. Remove the dressing in 3 days and leave the wound open to air.

Pain

Painkillers will be provided for you to take home. We suggest that you take these as prescribed.

Diet

You may start eating as soon as you arrive home and drink plenty of fluids.

Neck movement

No vigorous neck movements for 5 days.

Exercise

No sports for 5-7 days following surgery.

Driving

Do not drive for 5-7 days, as you will have restricted movement in your neck.

Return to work

You may return to work after 2 weeks or as advised by your surgeon. If necessary, a sick note can be provided.



If you experience any of the following:

- Excessive pain.
- Any significant swelling i.e. size of a ping-pong ball.
- Redness/bleeding from wound site.
- Dizziness/high temperature.
- Weakness or fatigue.
- Cough/shortness of breath/chest pain.

Contact the Day Surgery Unit or your GP or NHS 111 Service after hours.

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.