

Thyroid Surgery

Post-operative Information



The Department of Ear, Nose & Throat (ENT) - Head & Neck Surgery provides a wide range of surgical services for adult patients with ENT, head and neck diseases. Patients are referred from polyclinics, general practitioners, emergency services or transferred from other departments within the Ng Teng Fong General Hospital or other healthcare facilities, including nursing homes, community and other hospitals. Our team of highly-trained ENT-Head & Neck surgeons and allied healthcare professionals aim to provide the best possible care to our patients.

What to expect after surgery

You may be hospitalised for two or three nights after the procedure. Most patients take at least a week to recover. Every patient is different and some may return to work or school sooner.

Diet

You may have liquids after the operation. If you tolerate them without significant nausea or vomiting, you may take solid food without restrictions. You may experience a mild sore throat for two to three days after a thyroidectomy. This will usually not interfere with swallowing.



Activity

Sleep with your head elevated by using two pillows for the first 48 hours after surgery. Avoid heavy lifting or straining for two weeks.

Medication

Take all medication prescribed to you as instructed. There will be mild to moderate neck pain for several days. Please take the pain medication prescribed by your surgeon when needed. Avoid aspirin for two weeks because it can cause bleeding. Please note that some painkillers may cause drowsiness. Patients who take such painkillers are advised not to operate machinery, drive or make important decisions.

Wound care

- Your neck dressing will be removed on the morning after your surgery. Mild redness and swelling around the wound is normal and will decrease over the next two weeks. If a drain has been placed in your neck, this will be removed before your discharge from the hospital unless otherwise instructed by your surgeon.
- Unless otherwise advised, do not wash your neck wound for 72 hours after the surgery (except to apply ointment). Once you are home, wash your hands thoroughly with soap and water, and then gently coat the wound with a thin layer of the prescribed antibiotic ointment with your finger. Do so three times a day.
- You may shower and allow the wound to get wet three days after surgery. Soap and water are allowed to run over the wound but do not rub it. Gently pat the area dry with a towel. After seven days, you may gently lather the wound with soap and water.



At your follow-up appointment, your surgeon will remove your sutures and review your pathology report.

Please go to the Emergency Department immediately if you experience:

- a fever that is higher than 38°C
- bleeding from the wound
- choking or coughing when you drink
- difficulty breathing
- increasing redness around the wound
- muscle cramps or spasms
- neck swelling
- numbness or tingling in your fingertips or lips
- pus coming out from the wound

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

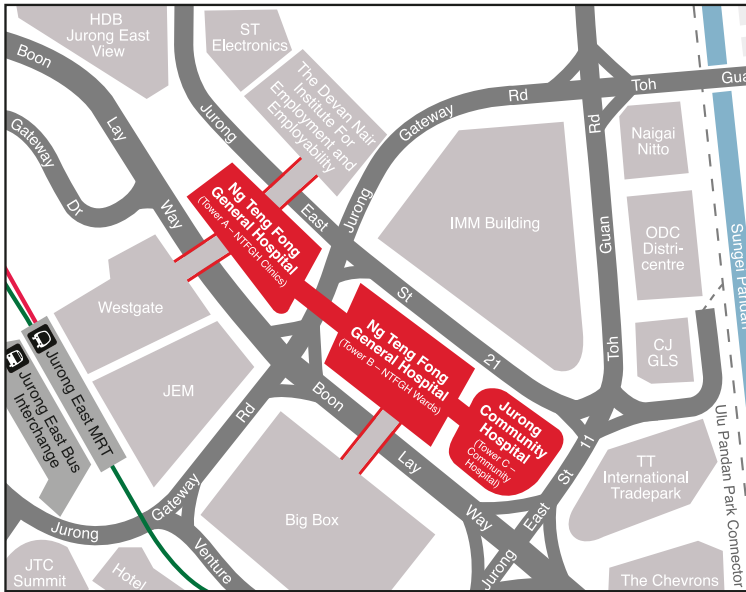
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.