



# GUIDE ON THYROID SURGERY



### **MEDICAL INFORMATION DISCLAIMER:**

This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention. The authors and publisher specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.



# TABLE OF CONTENTS

Introduction . . . . .	4
What is Thyroid Surgery? . . . . .	5
Why Does a Patient Need Thyroid Surgery? . . . . .	5
What Does Thyroid Surgery Do for a Patient? . . . . .	6
Who Needs Thyroid Surgery? . . . . .	6
What Makes Someone Not a Candidate for Thyroid Surgery? . . . . .	6
How to Prepare for Thyroid Surgery . . . . .	7
What to Expect on the Day of Surgery . . . . .	8
Recovering from Thyroid Surgery . . . . .	9
Why Patients Need an Experienced Thyroid Surgeon . . . . .	10



# INTRODUCTION

Over 12 percent of Americans suffer from thyroid disease. The majority of thyroid conditions like goiter, cancer, hyperthyroidism, multiple nodules require more than just medications to handle. As such, thyroid surgery is one of the procedures necessary to treat these thyroid conditions.

Thyroid problems increase as you age. That may make you less responsive to medications or other noninvasive procedures. As such, you may need thyroid surgery. Your doctor may recommend thyroid surgery if it's necessary to remove all or part of your thyroid glands.



## WHAT IS THYROID SURGERY?

Thyroid surgery is a type of surgery where at least half or the whole thyroid gland is removed. This surgery is a treatment option for thyroid disorders. The type of thyroid surgery done varies depending on the condition you have. They include:

- Partial thyroidectomy/Lobectomy
- Total thyroidectomy

## WHY DOES A PATIENT NEED THYROID SURGERY?



Most patients with thyroid conditions respond well to medications. If these don't work, then surgery becomes necessary. Patients who need thyroid surgery often have tumors or nodules on their thyroid gland. Some of these tumors can be precancerous or cancerous. If left untreated, it can spread.

For patients with benign or nonmalignant nodules, there's a risk of these nodules growing. If they grow large enough, they can ultimately obstruct your throat. Additionally, when your thyroid produces excess hormones, you may need corrective surgery to remove the toxic nodule.



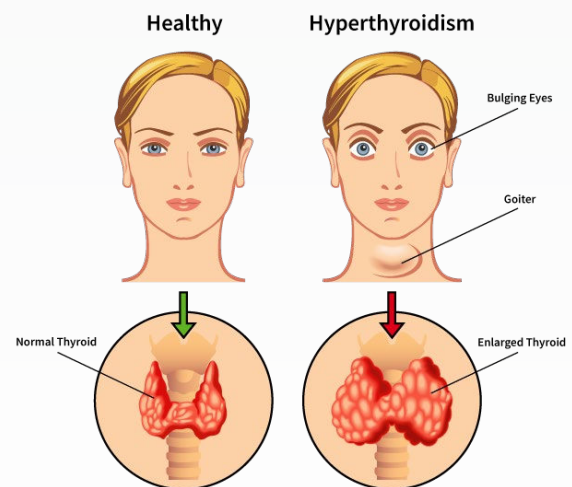
## WHAT DOES THYROID SURGERY DO FOR A PATIENT?

Thyroid surgery can do a lot for a patient depending on the condition one is suffering from. For instance, if you have thyroid cancer, the surgery may help stop the spread of cancerous cells. For a patient with goiter, the surgery can help remove the nodules before growing large enough to obstruct the patient's throat. This surgery is a chance for the patient to get at least a normal functioning thyroid.

## WHO NEEDS THYROID SURGERY?

Thyroid surgery is recommended for people suffering from various medical conditions. That includes:

- Hyperthyroidism where the thyroid overproduces hormones
- Graves' disease where antibodies attack the thyroid gland causing inflammation and overproduction of hormones
- Goiter where the thyroid gland swells
- Thyroid cancer



## WHAT MAKES SOMEONE NOT A CANDIDATE FOR THYROID SURGERY?

Patients who respond well to medication or other noninvasive procedures may not need surgery. If your doctor feels like the surgery procedure will cause more damage than benefit, other treatment methods are used.

Moreover, unless nonmalignant nodules in your thyroid gland are causing issues with swallowing or breathing, surgery is not necessary. All you may need is observation. The same goes for cancerous nodules that are smaller than 10mm in size.

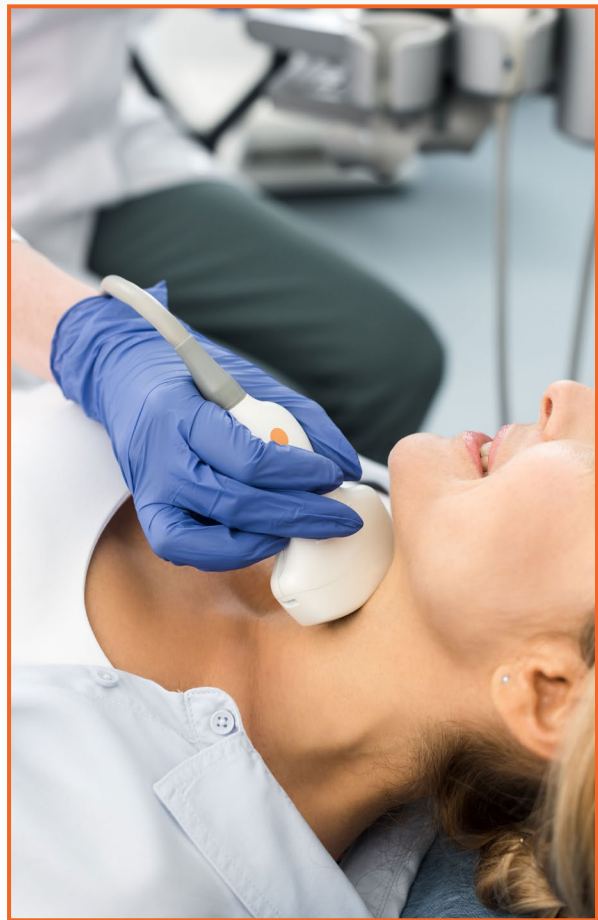


## HOW TO PREPARE FOR THYROID SURGERY

If you are scheduled to undergo thyroid surgery, you must prepare adequately. That ranges from what to expect during the surgery, your recovery, and how to avoid complications. The first step in preparation is asking your surgeon several essential questions. That includes what to expect, the complication rates, alternatives and risks involved. You may also need to undergo several tests before your surgery.

These preoperative tests include imaging, blood tests, and an electrocardiogram. Afterward, you need to follow a set of instructions necessary for the preparation of your surgery. These can include—but are not limited to—when to quit your medication, when to eat and drink last before the surgery. Remember that your stomach needs to be empty on the day of surgery.

If you ignore any of these instructions, you may have to cancel the surgery appointment for a later date. Additionally, you may need to make other preparations at home and in the office. For instance, you can let your colleagues know you will not be reporting to work for the coming one to two weeks. Plus, you can prepare to have a friend or relative stay with you during your recuperating period. However, this is not necessary.





## WHAT TO EXPECT ON THE DAY OF SURGERY

On the day of surgery, you will meet with your surgeon for a final examination. You can take this opportunity to ask any questions you have about the procedure. Once you are ready, the anesthesiologist will administer the anesthesia in the operating room.

The surgeon will then make a small incision to remove a part of the thyroid gland (or all, depending on the type of surgery you are undergoing). This procedure takes a little one to two hours with our expert surgeons and the majority of patients go home the same day from the surgery center after a few hours of recovery.





## RECOVERING FROM THYROID SURGERY

Right after the surgery, you may experience a little sore throat, difficulty in swallowing, and neck pain. All these are pretty normal, and the pain at the incision site may end after a couple of days. You may need one to two weeks off work for you to recover completely. Even so, you can go home the same day you have your surgery.

While recovering from thyroid surgery, there are a couple of new eating habits you need to adopt. You may need to adjust your diet until you recover to give your body time to absorb the hormone replacement medication you will be taking.

### HERE ARE SOME FOODS YOU SHOULD CONSIDER AVOIDING DURING RECOVERY:

- *Goitrogens rich foods*
- *Fiber-rich foods*
- *Gluten rich foods*
- *Highly processed foods*
- *Soy food*
- *Iodine rich foods*

For most people, the restricted diet is only for the first day after surgery, but it would not hurt to carry it on until you recover completely. However, also note that all these foodstuffs are still essential to your health. It would be best if you only avoided them since your thyroid functionality is compromised after your surgery.

You can also settle for much softer food and drink first before you start eating normally. Additionally, you will also need to visit your doctor for follow-up appointments. This helps reduce the risks of complications or infections.





## WHY PATIENTS NEED AN EXPERIENCED THYROID SURGEON

Statistics show that there is only a one percent risk factor with thyroid surgery. However, how high a complication rate is, depends on how experienced your surgeon is. The more experienced the surgeon is, the lower your rate of complications.

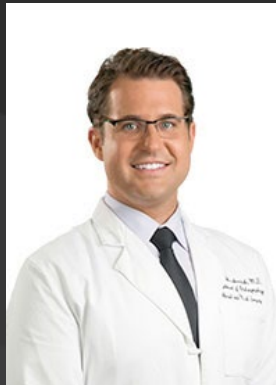
For instance, if your surgeon only performs a single thyroid surgery per year, the risk is much higher. Or if your surgeon performs two surgeries a year and one of the patients gets a complication, then the risk is 50/50. It is best to ask your surgeon beforehand. Moreover, an experienced surgeon who does more than 25 thyroid surgeries a year is more experienced, and you may have a better chance at zero complications.





# ABOUT C/V ENT SURGICAL GROUP

At C/V ENT Surgical Group, we take pleasure in providing unparalleled care to all our patients. Our team of ENT specialists and surgeons are highly skilled, experienced, and qualified to carry out various treatments and procedures to help patients with these conditions. Each of our physicians specializes in various aspects, including ear, nose and throat disorders, making them one of LA's finest specialists. Using our cutting-edge technology and equipment, we treat our patients with the expertise and compassion they deserve. Contact us today for a consultation with one of our ENT specialists.



## CONTACT C/V ENT SURGICAL GROUP

16661 Ventura Blvd, Suite 405  
Encino, CA 91436  
818-986-1200

7345 Medical Center Dr, Suite 510  
West Hills, CA 91307  
818-888-7878

[info@cvsurgicalgroup.com](mailto:info@cvsurgicalgroup.com) | [cvsurgicalgroup.com](http://cvsurgicalgroup.com)

