

The thyroid gland

- ✚ The thyroid gland is a small, butterfly-shaped gland in the part of the neck (opposite the trachea and under the throat protrusion) that is responsible for the secretion of certain hormones needed by the body, such as thyroxine.
- ✚ The function of the thyroid gland regulates the metabolism and consumption of food in the body. Most nodules or thyroid nodules are non-cancerous and do not cause any problems. Sometimes the thyroid node can produce a large amount of thyroid hormone. In this case, the rest of the thyroid gland is suppressed and cannot function normally.
- ✚ The cause of thyroid disease is mainly autoimmune. Iodine deficiency is not mentioned in food because it is offset by drinking water and bread products.
- ✚ If tests show cancer, you should remove the nodule by surgery
- ✚ It also needs to be treated with radioactive iodine to kill any remaining cancer cells.



- ✚ Symptoms of a large thyroid gland
- ✚ Sore throat area, especially when mouth watering

- ✚ Feeling pain in your throat or your throat. Breathing is difficult and difficult

Diagnosis

- Ultrasound of the thyroid gland
Thyroid ultrasound is performed to see the number and size of nodules or to locate them or for aspiration tests Fine Needle Aspiration (FNA)
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In this test, the cancerous nodule is examined. With a thin needle, some of the nodule material is removed and examined under a microscope to see cancer cells..



Thyroid gland surgery

- Surgery removes all or part of your thyroid gland.
- The surgical incision is about 4-3 cm below your neck horizontally and covered with a bandage.
- 7days after surgery, your doctor will remove the dressing
- The nurse will monitor your surgical site for bleeding, swelling, infection symptoms, and more..

Post surgical care

- ✚ Learn the importance of deep breathing 10 times an hour to prevent infection
- ✚ Side by side on the first day of surgery
- ✚ Back support with your hands when moving to bed
- ✚ According to your doctor, use pain medication every 3-4 hours.
- ✚ Fatigue is normal 1-2 weeks after surgery.
- ✚ Sleeping longer at night and at noon will help relieve fatigue.
- ✚ You can shower for 24 hours after surgery and do not need to cover the wound while bathing, but do not be stimulated by fibrillating the incision site.
- ✚ Keep the surgical site dry.
- ✚ Thyroid hormone replacement is usually a daily dose of thyroxine.
- ✚ If you have any of the symptoms of a thyroid hormone increase or decrease, see an endocrinologist.
- ✚ In some cases, the parathyroid gland may also be removed during thyroid surgery, so you need to know the symptoms of a decrease in blood calcium.
- ✚ Warning Signs of Decreased Blood Calcium
- ✚ Sudden limb jumping



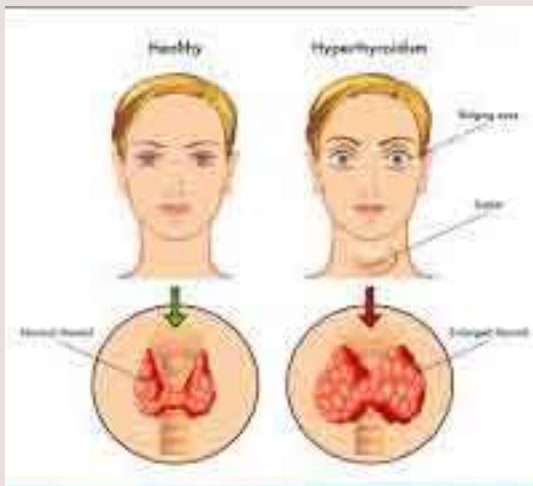
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Patient's Guide

Thyroid Surgery Self-care

Content code:413



<http://www.Alzahra.mui.ac.ir>

Tel:03136202008

a. Salamat@azh.mui.ac.ir

Tell your doctor if you have the following symptoms

- ✚ Redness, pain and swelling of the skin near the sutures
- ✚ Abnormal discharge from thick green or yellow surgical incision
- ✚ Fever above 3/38

Medications used after thyroid surgery

- **Levothyroxine** Take the medicine as prescribed by your doctor, neither high nor low. Changes the amount of medication if your doctor determines. Don't do it yourself.
- If you are taking insulin or oral diabetes medications, ask your doctor about the amount of diabetes medication with levothyroxine.
- Be sure to take the pill with a glass full of water. Take levothyroxine with an empty stomach half an hour before eating.
- Take levothyroxine in the morning. Follow your doctor's instructions and take the medication at a specific hour each day.
- It takes a period of time for levothyroxine to show its effect. So, never stop taking your medicine suddenly.
- To ensure the effectiveness of the medicine, you should regularly see your endocrinologist, blood and urine test
- When referring to your dentist or doctor, tell them you are taking levothyroxine.
- Some medications can reduce its effectiveness if taken with levothyroxine

Take the following medications at least 4 hours before levothyroxine or 4 hours after levothyroxine administration to reduce their effects:

- ❖ Iron tablets (ferrous sulfate)
 - ❖ Gastric and intestinal ulcer medications
 - ❖ Potassium-lowering drugs
 - ❖ Aluminum-containing antacids
 - ❖ Cholesterol-lowering drugs
 - ❖ Diabetes and insulin drugs
 - ❖ Vasodilators such as warfarin
 - ❖ Sodium Lutyronine Tablet
- Tell your doctor if you experience Headaches, diarrhea, anger, excessive sweating, heat intolerance, chest pain, increased heart rate, or palpitations.
- Avoid keeping this medicine in a warm, humid environment, as it may cause the drug to rot.
 - Prefer insomnia take every morning to prevent insomnia

Radioactive iodine

- ❖ Avoid close contact with pregnant women and children after 2 weeks of exposure to complications
- ❖ Avoid close and prolonged contact with everyone for up to one week after complications for up to a week.
- ❖ Wash and toilet after use and double siphon after use
- ❖ Avoid traveling for more than an hour after sitting down with others.

Translate by Mahnaz Anari.Ms nursing
Prepared by Dr.Gholamreza Mohajeri
Specialist in Thorax surgery

Editing by salamat office in Al-Zahra
Hospital 1398-2019 "Eghtedari"