

Thyroidectomy 甲狀腺切除術

Introduction 簡介

To excise the whole or part of the thyroid gland 切除全個或部分的甲狀腺

Indications 適合病症

1. Malignant thyroid tumour 甲狀腺惡性腫瘤
2. Benign thyroid diseases with pressure or aesthetic symptoms 因甲狀腺腫大所導致的壓
擠性病徵或影響外觀
3. Thyrotoxicosis that failed non-surgical therapy 其他治療未能控制的甲亢
4. Suspicious of malignancy 懷疑惡性腫瘤

Intended Benefits and Expected Outcome 預期結果

1. Complete removal of malignant tumour 完全切除腫瘤
2. Control of thyrotoxicosis 控制甲亢
3. There is chance of incomplete removal of disease and recurrence
有可能不能全部清除腫瘤和有可能復發

Conditions that Would Not be Benefited by the Procedure 手術不能解決的問題

1. Tumour extends beyond the confine of thyroid and is fixed to adjacent structures
腫瘤超出甲狀腺範圍並侵附於附近器官

The Procedure 手術過程

1. Make skin incision in the neck
切開頸前部皮膚
2. Separate tissues, blood vessels, and nerves in the neck to access the thyroid gland
撥開組織、血管、神經線等以辨認甲狀腺
3. Remove part of or all thyroid gland
切除部分或全部甲狀腺
4. Remove lymph nodes and the other involved structures in the area for thyroid cancer
如是治療甲狀腺惡性腫瘤，受影響的淋巴結和附近受牽連的組織亦會被切除
5. A drainage tube may be inserted
如有需要，會放入引流管以去除血水
6. Close the wound
縫合傷口

Risk and Complication 手術風險和併發症

There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood 手術有一些副作用和併發症風險，醫務人員將盡力減少副作用和併發症風險。

Common Risks and Complications 常見副作用和併發症 ($\geq 1\%$ risk/風險)

1. Bleeding 出血
2. Infection 感染
3. Haematoma 血腫
4. Scar problem 皮痂問題
5. Thyroid insufficiency requiring life long thyroxine replacement 甲狀腺功能減退，引致需要長期替代藥物治療
6. Recurrent laryngeal nerve injury with aspiration and breathy voice in unilateral injury or airway obstruction in bilateral injury 返喉神經損傷，引致嗆咽和聲音沙啞(單邊損傷)或呼吸困難(兩邊損傷)
7. Parathyroid insufficiency causing muscle cramp and/or cardiac arrhythmia requiring life long replacement medication 甲狀旁腺功能減退，引致肌肉痙攣及/或心律不正，需要長期替代藥物治療

Uncommon Risks with Serious Consequences 不常見的嚴重風險或併發症 ($<1\%$ risk/風險)

1. Pneumothorax 氣胸
2. Thyroid crisis (in thyrotoxic cases) 甲狀腺分泌急劇增加所引致的心臟和血管生理劇變
3. Tracheomalacia causing airway problem 氣管軟化引致呼吸困難
4. Death due to serious surgical and anaesthetic complications 由於手術或麻醉的嚴重併發症引致死亡

Before the Procedure 手術前準備

Patient should: 病人應該：

1. Inform doctor of any medical condition e.g. diabetes mellitus, heart disease, hypertension and any regular medication, including herbs and dietary supplement.
告知醫生其本身患有的其他疾病，如糖尿病、心臟病、高血壓及定時服用的藥物，包括中藥及保健食品
2. Stop food and drink if needed as instructed by doctor or nurse
遵從醫護人員指示，在需要時禁食
3. Other special preparation or investigation before the procedure
其他手術前準備或檢查

After the Procedure 手術後須知

1. Neck wound dressing and drainage tubes may be in place
手術後頸部傷口會有敷料及引流管等
2. May need analgesic for pain and discomfort after the procedure
手術後可能要服用止痛藥
3. Lie in a slightly head up position
卧床時頭部應略為墊高

Alternative Treatment 其他治療方法

1. Radiotherapy may be used as alternative to surgery for malignant thyroid cancers, or uncontrolled thyrotoxicosis.
如屬甲狀腺惡性腫瘤或未能控制甲亢，可選擇放射治療以替代進行手術
2. For advanced thyroid cancer, an alternative may be symptomatic palliative treatment.
如屬末期甲狀腺癌，可選擇紓緩治療

Consequences of No Treatment 不治療的後果

1. Progression of tumour and death 腫瘤惡化及死亡
2. Uncontrolled thyrotoxicosis 未能控制甲亢
3. Persistent or progressive pressure or aesthetic symptom 增加壓擠性病徵或對外觀的影響

Follow Up 手術後跟進

1. Take medication and see the doctor as instructed
請遵從醫生指示，定時服藥及覆診
2. Resume normal activities if there is no more neck pain and after medical assessment
經醫生評估後，如再無頸部疼痛可恢復正常活動
3. Radioactive Iodine treatment may be required after operation in case of thyroid cancer.
如屬甲狀腺惡性腫瘤，可能需要接受放射性碘治療
4. Keep the wound clean and dry, avoid excessive head and neck movement
保持傷口清潔乾爽，避免作劇烈頭頸部運動
5. Seek medical attention at the nearby emergency department or the related ENT clinic if you have fever, shortness of breath, marked neck pain, swelling or bleeding
如有發燒、呼吸困難、頸部傷口劇痛、腫脹或流血不止等，應即到就近急症室或於辦公時間回耳鼻喉科門診部診治

Remarks 備註

This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information please contact your doctor.

本單張只提供有關手術的基本資料，可能發生的風險或併發症不能盡錄。某類病人的風險程度亦為不同。如有查詢，請聯絡你的醫生。