

# Thyroglossal Duct Cyst Removal



## Ear, Nose, and Throat Clinic

4480 Oak Street, Vancouver, BC V6H 3V4

604-875-2113 1-888-300-3088

www.bcchildrens.ca

## What to Expect After Surgery

### Diet

- Your child can eat normally when they feel up to it. Some children feel sick to their stomach after the anesthetic from the procedure. Start slowly with sips of water or a popsicle.

### Pain

- Your child may have mild pain in the area where the cyst was removed for a few days.
- You can give your child Tylenol (Acetaminophen). You may also give Advil (Ibuprofen) if your child's pain does not get better with Tylenol. Follow the directions on the bottle.
- Your child may also feel more comfortable with their head elevated when sleeping.

### Wound Care

- The cut will be held together with special skin glue or dissolvable stitches, or removable stitches to help it heal properly. There may also be small pieces of tape over top.
- It is most important for this area to stay clean and dry.
- Your child can still wash their hair as long as the wound stays dry. This is more easily done in the bath with an adult's help. Keep dry for 2 weeks.
- The tape may start to fall off after about a week or so, keep it on until it falls off on its own. You can trim the edges if they start to curl. Always wash your hands before and after.

- If your doctor gives you any other instructions about how to keep your child's wound safe, have them written down before you leave the hospital.

### Activity

- Your child should be able to return to school/daycare after 2-3 days, or when they feel up to it.
- Contact sports/vigorous activity and swimming should be avoided for 2 weeks, but check in with your ENT doctor



### Call the ENT Clinic Nurse or Seek Medical Attention if:

- Your child has a fever of 38.5°C or higher that lasts for more than 24 hours, starting 2 or more days after surgery.
- The area becomes more red, swollen/puffy
- The wound oozes liquid that is green/yellow and smelly
- Your child has a lot of difficulty swallowing
- The wound starts to open or starts to bleed
- Your child is in a lot of pain that pain medicine is not helping
- You have other concerns about your child.

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## Follow up

- Your child should be seen in the clinic for follow up after their surgery within 6-12 weeks after surgery, unless your doctor would like to see your child sooner
- After your child's surgery you can call your ENT doctor's office to schedule your appointment



## Contact information

- ENT office:  
604-875-2113
- ENT clinic nurse:  
604-875-2345 ext. 7053  
Monday to Fridays, except holidays  
8:30am-4:30pm