



Procedure Information Sheet

Introduction

To excise the thyroglossal duct cyst, thyroglossal duct and body of hyoid.

Indication

- Thyroglossal duct cyst
- Thyroglossal duct fistula

The Operation / Procedure

1. Make skin incision in the neck
2. Separate tissues, blood vessels and nerve to access the thyroglossal duct, cyst and hyoid bone.
3. Remove thyroglossal duct and cyst including the body of hyoid bone
4. A drainage tube may be inserted
5. Close the wound

Before the Operation / Procedure

1. Inform doctor of any medical condition e.g. diabetes mellitus, heart disease, hypertension and any regular medication, including herbs and dietary supplement.
2. Stop food and drink if needed as instructed by doctor or nurse
3. Other special preparation or investigation before the procedure
4. Intended benefits and expected outcome
 - 4.1 Complete removal of thyroglossal duct cyst and fistula
 - 4.2 There is chance of incomplete removal of disease

After the Operation / Procedure

1. Neck wound dressing and drainage tube may be in place
2. May need analgesic for pain and discomfort after the procedure
3. Lie in a slightly head up position
4. Take medication and see the doctor as instructed
5. Resume normal activities if there is no more neck pain and after medical assessment
6. Keep the wound clean and dry, avoid excessive head and neck movement.
7. 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.

Patient's Label Patient Name: _____ Hospital No: _____ Episode No: _____
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Risk and Complication

- 1. There are always certain side effects and risks of complications of the procedure. Medical staff will take every preventive measure to reduce their likelihood.
- 2. Common risks and complications ($\geq 1\%$ risk)
 - 2.1 Bleeding
 - 2.2 Infection
 - 2.3 Recurrence
- 3. Uncommon risks with serious consequences ($< 1\%$ risk)
 - 3.1 Scar problem
 - 3.2 Pharyngocutaneous fistula
 - 3.3 Death due to serious surgical and anaesthetic complications
- 4. Consequences of no treatment
 - 4.1 Infection
 - 4.2 Fistula

Alternative Treatment / Investigation

Conservative management

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Smart patient website by Hospital Authority: Thyroglossal duct cyst excision (Sistrunk operation) (2/2020)

Patient's Label
Patient Name: _____
Hospital No: _____
Episode No: _____

Patient's Signature: _____ Date: _____