

# Care after your radiofrequency ablation to treat your thyroid nodules

Department of Radiology

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Information for Patients

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## Why have I been given this leaflet?

You had radiofrequency ablation to treat a thyroid lump (nodule). A needle was put into a nodule in your neck. Radio waves from the needle were used to heat and kill the cells in the nodule. This leaflet gives you some advice and tells you what to look out for.

## What to look out for and when to get medical help

- **Bleeding** - If you see fresh blood or bleeding from your wound put pressure on it straight away. Press firm enough to stop the bleeding but not so hard that it hurts. If bleeding does not stop after 10 minutes of pressure, you should get help. Go to the Emergency Department (A&E) or call 999.
- **Swelling, difficulty swallowing or shortness of breath** - If you get difficulty swallowing, get short of breath or if the swelling gets worse or does not get better after 5 days, call the specialist doctor.
- **Pain** - Rarely, pain can be more severe due to problems like nerve bruising or damage to other structures. If your pain is not settling with painkillers or not getting better each day, call the specialist doctor for advice.
- **If you feel unwell with a temperature over 38C (fever), have skin redness, increasing pain, feel light headed, dizzy, sick or have clammy skin** - call the specialist doctor for advice.

## The contact details for the specialist doctor in the next week are:

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If you need urgent help and feel your symptoms are life-threatening, call **999** or go to A&E.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## What advice should I follow?

- **Rest, take it easy and avoid hard or tough activity** for the next 2 days. You should expect to be off work for the next 2 or 3 days, depending on how you feel.
- **Eat and drink** as usual.
- **Take your usual medication** unless you have been told not to.
- **You may have pain, bruising, discomfort and swelling** at the treatment site. This should get better over the next 3 days. You can take your usual simple painkiller if you need to. Follow the dosage instructions on the packet. Using an icepack (or frozen bag of peas or similar) may be helpful. To protect your skin, wrap the icepack in a towel and use for no more than 10 minutes every 2 to 3 hours.
- **Your wound (where the needle went in)** - Keep the dressing on your wound and keep it dry for 1 day. After this you can take off the dressing. If your wound is still open, put a new plaster on and check again the next day. Slight oozing from your wound site is normal.
- **Driving** - Your wound or pain may make you less able to drive safely. You may not be able to do an emergency stop comfortably. Do not drive until you are able to drive safely. This might take 2 days or possibly more.
- **Getting back to your normal lifestyle** - You should be able to resume most normal activities of daily living within 1 to 2 days. You may feel tired over the next week. A full recovery can take 2 weeks.

## What if I need to talk to someone?



If you have any questions or concerns, please call the Radiology Department on **0116 258 8765 (option 7)** Monday to Friday, 9am to 5pm, excluding bank holidays.

If you need help outside these hours or have problems contacting the specialist doctor, please call your GP surgery or the NHS Helpline on **111**.

If you need urgent help and feel your symptoms are life-threatening, call **999** or go to A&E.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)