

Frequently asked questions (FAQ)



What is endocrine surgery?

It is surgery on the glands in our body such as the thyroid, the parathyroid, the adrenal gland and the pancreas. Surgery of the thyroid is one of the most common operations in Germany, with about 100,000 cases every year.

When does the thyroid need surgery?

The most common reasons for surgery are cold nodules, very large thyroids, hyperthyroidism or potentially malignant tumors. When you come to consult our surgeon, we will discuss whether surgery or another type of therapy is best for you.

What happens before surgery?

One to five days before surgery, you will be given a medical checkup as an outpatient. If necessary, exceptions can be made and you can have the checkup as an in-patient. Besides a general checkup and a checkup of the vocal chords, you will be given all the information you need about the operation, including the possible risks. The anesthetist will also give you all the information about the anesthesia. Please bring along all results of any preliminary checkups relating to this surgery that were done by other physicians.

How is the surgery performed?

The incisions will be made in such a way as to ensure the best aesthetic results. The surgery will be performed with the best equipment available: besides the magnifying spectacles for observing the recurrent laryngeal nerve (RLN), neuromonitoring is used during all thyroid and parathyroid surgery. We can also measure the parathormone level while performing surgery and thus

predict the outcome of our surgery then and there. To exclude any possibility of a malignant tumor we can also diagnose the tissue when performing surgery. We offer minimally invasive and conventional surgery. You will be discharged from hospital on the second day after surgery.

When I am allowed to....?

Eat and drink?	On the day of surgery
Shower and wash my hair?	One day after surgery
Jog and exercise a bit?	After one week
Go swimming?	After two weeks
Go on holiday?	After you leave the hospital

What happens after I am discharged from hospital?

We do a general checkup a week later and talk about any problems that might remain. You will also receive the discharge report to give to your own physician. If you have any other questions later on, please do not hesitate to contact us.

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