

Scarless Transoral Thyroidectomy

at Sarasota Memorial's Thyroid and Parathyroid Center

Traditional thyroidectomies and parathyroidectomies typically leave a visible scar in the middle of the neck. Recent advancements in surgery now allow for a scarless alternative with no external skin incisions. In this novel approach initially described by Dr. Tufano, the surgeon accesses the thyroid or parathyroid from three small incisions inside the lower lip.

This is a relatively new procedure and only certain specially trained surgeons, like Dr. Tufano, are able to perform it.

This new method is performed endoscopically by making small incisions inside the lower lip then gaining access to the thyroid or parathyroid gland by using specialized instruments. The surgeon can then remove the dysfunctional tissue. Following surgery, most patients can be discharged the same day and with relatively little pain. A normal diet can be started the day after surgery. Most patients experience mild swelling, throat soreness and some minor bruising around the chin and neck. Patients may be prescribed a pain reliever and anti-inflammatory medication. A compression neck support, which is removed the day after surgery, will also be provided to help reduce swelling and support the healing process.

Patients diagnosed with the following conditions may be eligible for the scarless transoral procedure:

- ▶ Benign thyroid nodules
- ▶ Small nodules that are possibly cancerous based on a biopsy
- ▶ Hyperparathyroidism
- ▶ Hyperthyroidism from toxic nodules or Graves' disease
- ▶ Goiters

Other cases of thyroid or parathyroid disease can be evaluated by Dr. Tufano to determine if this procedure is right for their condition.

The primary benefit of scarless thyroidectomy is no external scarring. The risks and side effects most often associated with this procedure are the same as with traditional thyroidectomy through a neck incision and include pain, swelling and bruising around the chin and neck. Some lower lip and chin numbness may result, but usually dissipates over the next 4-6 weeks.

Most insurance covers this procedure.

Contact the Thyroid and Parathyroid Center for more information at (941) 262-0500 or www.smhthyroidandparathyroid.com.



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