RESEARCH PAPER

# Prospective Analysis of Post-Operative Complications After Thyroid Surgery in a Tertiary Care Hospital

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**Abstract:-**

Thyroid surgery remains one of the most frequently performed endocrine procedures worldwide, offering definitive management for benign multinodular goiter, toxic thyroid disorders, and differentiated thyroid malignancies. Despite advances in surgical techniques, anesthesia, and perioperative care, post-operative complications continue to influence patient recovery, length of hospital stay, and long-term functional outcomes. The present prospective study was conducted in a tertiary care hospital to systematically evaluate the incidence, pattern, and determinants of post-operative complications following thyroidectomy and to identify modifiable risk factors that may improve surgical safety and patient prognosis. Over a defined study period, patients undergoing total, subtotal, or hemithyroidectomy were enrolled and followed from the immediate post-operative phase through subsequent outpatient visits. Detailed demographic, clinical, biochemical, and intraoperative parameters were recorded, including age, gender, indication for surgery, gland size, duration of operation, and intraoperative blood loss. Post-operative monitoring focused on early and late complications such as hypocalcemia, recurrent laryngeal nerve palsy, hematoma formation, surgical site infection, seroma, and hypothyroidism. Standardized clinical assessment protocols and biochemical testing were utilized to ensure consistent detection of complications. The analysis revealed that transient hypocalcemia was the most common early complication, particularly among patients undergoing total thyroidectomy and those with extensive gland dissection. Most cases were biochemical and resolved with calcium supplementation within a few weeks. Transient voice changes attributable to neuropraxia of the recurrent laryngeal nerve were observed in a smaller subset of patients, while permanent nerve injury was rare. Post-operative hematoma occurred infrequently but required prompt recognition and intervention due to the risk of airway compromise. Surgical site infections and seroma formation were uncommon, reflecting adherence to sterile protocols and meticulous hemostasis. Statistical evaluation demonstrated significant associations between complication rates and factors such as extent of surgery, underlying pathology, and operative duration. Larger gland size and malignancy-related procedures were linked to increased risk of hypocalcemia and nerve-related complications. However, no significant correlation was observed between patient age or gender and major adverse outcomes. Importantly, structured perioperative planning and careful identification of parathyroid glands and recurrent laryngeal nerves contributed to favorable surgical outcomes. This prospective analysis underscores that thyroid surgery, when performed in a tertiary care setting with experienced surgical teams, is generally safe and associated with low rates of permanent morbidity. Early detection and timely management of complications remain critical to optimizing recovery. The findings emphasize the importance of standardized operative techniques, vigilant monitoring, and patient education to minimize preventable adverse events. Future multi-center studies with longer follow-up may further refine risk stratification models and enhance evidence-based perioperative protocols.

Keywords: Thyroidectomy, Post-operative complications, Hypocalcemia, Recurrent laryngeal nerve injury, Tertiary care hospital.

**How to cite this article:** Rao PT, Prasad S, Dharmarajlu SM. Prospective Analysis of Post-Operative Complications After Thyroid Surgery in a Tertiary Care Hospital. Int J Drug Deliv Technol. 2026;16(7s): 816-824; DOI: 10.25258/ijddt.16.7s.87

**Introduction:-**

Thyroid surgery represents one of the most commonly performed procedures in endocrine and general surgical practice, addressing a broad spectrum of pathologies that range from benign nodular enlargement to aggressive thyroid malignancies. Over the past few decades, advances in diagnostic imaging, cytopathology, anesthesia, and surgical instrumentation have significantly refined the indications and technical execution of thyroidectomy. Nevertheless, despite improvements in operative precision and perioperative care, post-operative complications remain a matter of clinical concern due to their potential impact on patient safety, functional outcomes, and healthcare resources. A systematic and prospective evaluation of such complications is essential to better understand their incidence, determinants, and preventive strategies, particularly within the context of tertiary care institutions where complex cases are frequently managed.

The thyroid gland, located anteriorly in the neck and intimately associated with critical neurovascular structures, presents unique surgical challenges. Its close anatomical relationship with the recurrent laryngeal nerves, external branch of the superior laryngeal nerve, parathyroid glands, trachea, and major blood vessels demands meticulous dissection and hemostasis. Even minor deviations in surgical technique can result in significant morbidity, including vocal cord dysfunction, hypocalcemia, airway compromise, and hemorrhage. While many of these complications are transient and manageable, some may lead to long-term disability or require additional interventions, thereby affecting the patient's quality of life. Indications for thyroid surgery have expanded with the increasing detection of thyroid nodules through widespread use of ultrasonography and fine-needle aspiration cytology. Surgical intervention is commonly undertaken for multinodular goiter causing compressive symptoms, toxic goiter unresponsive to medical therapy, suspicious or confirmed malignancy, and cosmetic concerns. The extent of surgery, ranging from hemithyroidectomy to total thyroidectomy with or without lymph node dissection, depends on the underlying pathology and clinical guidelines. It is well recognized that the magnitude of resection correlates with the risk profile of post-operative complications, with total thyroidectomy generally associated with higher rates of hypocalcemia and nerve injury compared to limited resections. Among the early complications, post-operative hypocalcemia is one of the most frequently encountered issues. It may result from inadvertent removal, devascularization, or manipulation of the parathyroid glands during surgery. Transient hypocalcemia typically presents within the first 48 hours post-operatively and manifests as perioral numbness, muscle cramps, or positive Chvostek and Trousseau signs. Permanent hypoparathyroidism, although less common, necessitates lifelong supplementation and monitoring. Identification and preservation of parathyroid glands during surgery remain critical components of a preventive strategy.

Recurrent laryngeal nerve injury is another significant complication due to its functional implications. Unilateral injury can cause hoarseness and voice fatigue, whereas bilateral damage may result in airway obstruction requiring urgent intervention. The reported incidence varies widely depending on surgical expertise, case complexity, and diagnostic methods used to assess vocal cord mobility. Intraoperative nerve monitoring has been introduced in many centers to enhance nerve identification and reduce injury rates, although its universal efficacy continues to be evaluated. Post-operative hemorrhage and neck hematoma, though relatively rare, constitute surgical emergencies because of the confined anatomical space of the neck and the risk of rapid airway compression. Prompt recognition and immediate decompression are essential to prevent catastrophic outcomes. Surgical site infection and seroma formation are less common in thyroid surgery compared to other procedures, given the clean nature of the operation and the gland’s rich vascular supply, but they remain potential contributors to delayed recovery. The burden of these complications extends beyond immediate clinical manifestations. Prolonged hospitalization, increased healthcare costs, psychological distress, and diminished patient satisfaction may accompany adverse events. In the era of quality assurance and evidence-based practice, surgical outcomes are increasingly scrutinized through institutional audits and standardized reporting systems. Prospective studies are particularly valuable in this context because they allow systematic data collection, minimize recall bias, and facilitate real-time monitoring of complications and risk factors.

Tertiary care hospitals serve as referral centers that often manage advanced or complicated thyroid disorders, including large retrosternal goiters, recurrent disease, and malignancies requiring comprehensive surgical clearance. As such, the case mix in these

institutions may inherently carry a higher risk of post-operative morbidity compared to primary or secondary care settings. Evaluating complication rates within a tertiary framework provides insight into real-world surgical challenges and the effectiveness of established perioperative protocols. Moreover, prospective analysis enables the identification of institution-specific trends and opportunities for targeted quality improvement initiatives. Risk factors influencing post-operative outcomes may be categorized into patient-related, disease-related, and procedure-related variables. Patient-related factors include age, comorbidities such as diabetes or hypertension, nutritional status, and baseline thyroid function. Disease-related variables encompass gland size, vascularity, inflammatory changes, and malignancy. Procedure-related aspects involve operative duration, surgical approach, experience of the surgeon, and the use of adjunct technologies such as nerve monitoring. Understanding the interplay among these determinants is fundamental to developing predictive models and refining surgical strategies. While retrospective studies have contributed significantly to the existing body of knowledge, they often depend on incomplete records and may underestimate complication rates. A prospective design, by contrast, allows for standardized definitions of complications, consistent biochemical assessment of calcium levels, and routine post-operative laryngoscopic evaluation where indicated. Such methodological rigor enhances the reliability of findings and supports evidence-based recommendations.

In addition to clinical evaluation, patient education and counseling constitute integral components of comprehensive thyroid surgery care. Informing patients about potential risks, expected recovery timelines, and warning signs of complications empowers them to participate actively in post-operative monitoring. Early reporting of symptoms such as neck swelling, tingling sensations, or voice changes facilitates timely intervention and reduces the likelihood of severe sequelae. The present study aims to conduct a prospective analysis of post-operative complications following thyroid surgery in a tertiary care hospital, with emphasis on incidence patterns, temporal presentation, and associated risk factors. By systematically documenting outcomes from the immediate post-operative period through follow-up visits, this research seeks to generate robust institutional data that can guide preventive strategies and optimize patient management. Furthermore, correlating complication rates with operative and pathological variables may provide insights into modifiable factors that enhance surgical safety. Ultimately, improving outcomes after thyroid surgery requires a multidimensional approach that integrates meticulous surgical technique, vigilant monitoring, interdisciplinary collaboration, and continuous evaluation of practice patterns. Through prospective observation and critical analysis, healthcare providers can refine operative protocols, strengthen risk stratification, and uphold high standards of patient care. This investigation contributes to that objective by offering a comprehensive assessment of post-operative morbidity within a tertiary care environment, thereby supporting ongoing efforts to ensure safe and effective thyroid surgical practice.

**Methodology:-**

This prospective observational study was conducted in the Department of General Surgery of a tertiary care teaching hospital over a defined study period of eighteen months. The primary objective was to systematically evaluate the incidence, pattern, timing, and determinants of post-operative complications following thyroid surgery. The study was designed to ensure structured data collection, uniform definitions of complications, and standardized perioperative management to minimize variability and bias. Ethical approval was obtained from the Institutional Ethics Committee prior to initiation of the study, and written informed consent was secured from all participants after explaining the nature, objectives, potential risks, and benefits of participation.

All consecutive patients undergoing thyroid surgery during the study period were screened for eligibility. Inclusion criteria comprised adult patients aged 18 years and above who underwent elective thyroidectomy for benign or malignant thyroid disorders, including hemithyroidectomy, subtotal thyroidectomy, total thyroidectomy, and total thyroidectomy with central or lateral neck dissection. Patients undergoing emergency surgery for acute airway compromise, those with previous neck irradiation, re-operative thyroid surgeries for recurrent disease, concomitant major head and neck procedures, or patients unwilling to provide consent were excluded to maintain homogeneity and reduce confounding influences.

A structured case record form was designed specifically for this study to ensure comprehensive data capture.

Baseline demographic information included age, gender, occupation, residence, and relevant comorbidities such as diabetes mellitus, hypertension, chronic kidney disease, and coagulation disorders. Clinical presentation parameters included duration of neck swelling, compressive symptoms (dysphagia, dyspnea), features of hyperthyroidism or hypothyroidism, and family history of thyroid disorders. Pre-operative investigations included thyroid function tests, serum calcium levels, ultrasonography of the neck, fine-needle aspiration cytology (FNAC), indirect laryngoscopy to assess baseline vocal cord mobility, and, where indicated, contrast-enhanced imaging for large or retrosternal goiters.

Patients were stratified according to pre-operative diagnosis into benign non-toxic goiter, toxic goiter, and malignant thyroid disease. Gland size was documented clinically and confirmed radiologically. Thyroid function status was optimized pre-operatively using antithyroid medications, beta-blockers, or levothyroxine supplementation as required. All surgeries were performed under general anesthesia with endotracheal intubation. Standard aseptic precautions and a uniform surgical technique were adopted in all cases, with procedures performed by consultant surgeons or senior residents under direct supervision to maintain consistency.

Intraoperative variables were meticulously recorded, including type of surgical procedure, duration of surgery (measured from skin incision to closure), estimated blood loss, identification and preservation of recurrent laryngeal nerves, identification of parathyroid glands, need for autotransplantation of parathyroid tissue, and placement of surgical drains. Hemostasis was secured using conventional ligation techniques and bipolar cautery. The decision to place a drain was based on intraoperative assessment of bleeding risk and extent of dissection.

The following table summarizes the key variables recorded during the intraoperative phase:

Table 1. Intraoperative Data Variables

| Variable | Description/Measurement Method |
|---|---|
| Type of surgery | Hemithyroidectomy / Total / Subtotal / + Neck Dissection |
| Duration of surgery | Minutes (skin incision to closure) |
| Estimated blood loss | Milliliters (suction measurement and gauze count) |
| Recurrent laryngeal nerve status | Identified and preserved / Not visualized |
| Parathyroid gland preservation | Preserved in situ / Autotransplanted |
| Drain placement | Yes / No |

Post-operative monitoring was carried out in a dedicated surgical recovery unit. Vital signs were monitored hourly for the first six hours and then every four hours for the next 24 hours. Special attention was given to signs of neck swelling, respiratory distress, stridor, and wound bleeding. Serum calcium levels were measured at 24 hours and 48 hours post-operatively for all patients undergoing total or near-total thyroidectomy. Patients were clinically assessed for symptoms of hypocalcemia, including circumoral numbness, paresthesia, muscle cramps, and positive Chvostek or Trousseau signs.

Vocal cord function was assessed postoperatively in patients presenting with voice changes. Indirect laryngoscopy was performed within the first week in symptomatic patients and routinely at follow-up in selected cases. Post-operative complications were classified as early (within 7 days) or late (after 7 days up to 6 months). Hypocalcemia was categorized as transient if serum calcium normalized within six months with or without supplementation, and permanent if supplementation was required beyond six months. Recurrent laryngeal nerve palsy was considered permanent if vocal cord immobility persisted beyond six months.

The complications monitored in this study are outlined in the following table:

Table 2. Post-Operative Complications Monitored

| Complication | Diagnostic Criteria |
|---|---|
| Hypocalcemia | Serum calcium below the reference range with/without symptoms |
| Recurrent laryngeal nerve palsy | Hoarseness with confirmed vocal cord immobility |
| Post-operative hematoma | Clinically evident neck swelling requiring intervention |
| Surgical site infection | Redness, discharge, or positive wound culture |

| Complication | Diagnostic Criteria |
|---|---|
| Seroma | Fluid collection requiring aspiration |
| Hypothyroidism | Elevated TSH requiring levothyroxine therapy |

Follow-up visits were scheduled at two weeks, six weeks, three months, and six months post-operatively. At each visit, clinical examination, symptom assessment, and biochemical investigations were performed as indicated. Compliance with calcium and thyroid hormone supplementation was recorded. For malignant cases, histopathological reports were reviewed and correlated with complication patterns to explore associations between disease characteristics and post-operative outcomes. Data were entered into a secure database and analyzed using statistical software. Continuous variables such as age, duration of surgery, and blood loss were expressed as mean with standard deviation. Categorical variables such as gender, type of surgery, and occurrence of complications were expressed as frequencies and percentages. The association between independent variables and post-operative complications was assessed using the chi-square test or Fisher's exact test for categorical variables and the independent t-test for continuous variables where appropriate. A p-value less than 0.05 was considered statistically significant.

To evaluate risk factors, multivariate logistic regression analysis was performed for complications with sufficient incidence rates. Variables entered into the regression model included age, gender, type of surgery, gland size, operative duration, and underlying pathology. Odds ratios with confidence intervals were calculated to quantify the strength of associations.

Quality control measures were implemented throughout the study period. All data entries were cross-verified by two independent investigators to reduce transcription errors. Standardized definitions were adhered to for each complication to avoid misclassification. Surgeons participating in the study followed a uniform operative protocol to limit variability in technique. Regular departmental audits were conducted to review complication cases and ensure accurate documentation. Sample size estimation was performed based on expected incidence rates of post-operative hypocalcemia from previous institutional data. Assuming a prevalence of approximately 20% and a 5% margin of error at 95% confidence level, the calculated sample size was adjusted to account for potential loss to follow-up. All eligible patients during the study period were included to maximize statistical power and enhance generalizability within the tertiary care setting. Confidentiality of patient information was strictly maintained throughout the study. Unique identification codes were assigned to participants to anonymize data. Access to the database was restricted to the research team. No additional financial burden was imposed on participants, as all investigations and treatments were part of routine hospital care. In summary, the methodology employed in this prospective study was structured to provide a comprehensive, systematic evaluation of post-operative complications after thyroid surgery. By integrating detailed pre-operative assessment, standardized surgical techniques, vigilant post-operative monitoring, and robust statistical analysis, the study aimed to generate reliable evidence regarding complication patterns and associated risk factors in a tertiary care environment. This methodological framework ensures the validity of findings and facilitates meaningful interpretation of outcomes, thereby contributing to improved surgical practice and patient safety.

**Results & Discussion:-**

A total of 162 patients who underwent thyroid surgery during the study period were included in the final analysis after exclusion of those lost to follow-up. The study population demonstrated a clear female predominance, reflecting the known epidemiological distribution of thyroid disorders. The mean age of patients was 41.8 ± 12.6 years, with the majority clustered between 31 and 50 years of age. Benign thyroid conditions accounted for most surgical indications, although a substantial proportion of cases were performed for confirmed or suspected malignancy.

Table 1 summarizes the demographic and clinical profile of the study population.

Table 1. Baseline Demographic and Clinical Characteristics (n = 162)

| Variable | Number (%) |
|---|---|
| Gender (Female) | 124 (76.5) |
| Gender (Male) | 38 (23.5) |
| Age 18–30 years | 32 (19.8) |
| Age 31–50 years | 88 (54.3) |
| Age >50 years | 42 (25.9) |

| Variable | Number (%) |
|---|---|
| Benign non-toxic goiter | 79 (48.8) |
| Toxic goiter | 28 (17.3) |
| Malignancy | 55 (33.9) |
| Total thyroidectomy | 96 (59.3) |
| Hemithyroidectomy | 46 (28.4) |
| Total thyroidectomy + neck dissection | 20 (12.3) |

Total thyroidectomy was the most commonly performed procedure, particularly among malignant cases and large multinodular goiters. The mean duration of surgery was 108 ± 24 minutes, with longer operative times observed in patients undergoing total thyroidectomy with lymph node dissection. The overall post-operative complication rate was 27.8%, encompassing both transient and persistent events. Transient hypocalcemia emerged as the most frequent complication, followed by transient recurrent laryngeal nerve palsy. Permanent complications were relatively uncommon, highlighting the safety profile of thyroid surgery when performed in a tertiary care setting.

Table 2 presents the distribution of post-operative complications observed in this cohort.

Table 2. Post-Operative Complications

| Complication | Number (%) |
|---|---|
| Transient hypocalcemia | 28 (17.3) |
| Permanent hypocalcemia | 4 (2.5) |
| Transient recurrent laryngeal nerve palsy | 9 (5.6) |
| Permanent nerve palsy | 2 (1.2) |
| Post-operative hematoma | 3 (1.9) |
| Surgical site infection | 4 (2.5) |
| Seroma | 5 (3.1) |

Transient hypocalcemia was significantly more frequent in patients who underwent total thyroidectomy compared to hemithyroidectomy. Among the 28 cases of transient hypocalcemia, 24 occurred following total thyroidectomy or extended resections. Serum calcium levels typically declined within 24 to 48 hours post-operatively and responded well to oral or intravenous calcium supplementation. Symptoms resolved within weeks in most cases. Permanent hypocalcemia was identified in four patients, all of whom required long-term calcium and vitamin D supplementation beyond six months. These findings underscore the influence of the extent of surgery and parathyroid gland manipulation on calcium homeostasis. Recurrent laryngeal nerve palsy was observed in 11 patients, of whom nine were transient. Patients with transient palsy presented with hoarseness and mild voice fatigue in the early post-operative period. Laryngoscopic evaluation confirmed unilateral vocal cord immobility in these cases. Functional recovery occurred within three months in most patients, suggesting neuropraxia rather than structural transection. Permanent nerve injury was documented in two patients, both of whom underwent total thyroidectomy with central neck dissection for malignancy. This association suggests that more extensive surgical dissection increases vulnerability of the nerve, particularly in oncologic procedures.

Post-operative hematoma developed in three patients within the first 12 hours after surgery. All cases were promptly identified due to neck swelling and respiratory discomfort. Immediate wound exploration was performed, and bleeding vessels were secured. Early detection prevented airway compromise and contributed to favorable outcomes. The low incidence of hematoma in this study reflects meticulous hemostasis and careful monitoring in the recovery period. Surgical site infection and seroma formation were relatively infrequent. Infections were managed with antibiotics and local wound care without long-term sequelae. Seromas required aspiration in a small number of cases but resolved without recurrence. These minor complications had minimal impact on overall recovery. Statistical analysis revealed significant associations between complication rates and type of surgery, duration of operation, and underlying pathology. Patients undergoing total thyroidectomy demonstrated a significantly higher risk of hypocalcemia ($p < 0.01$) compared to those undergoing hemithyroidectomy. Similarly, operative duration exceeding 120 minutes was associated with increased rates of both hypocalcemia and transient nerve palsy ($p < 0.05$). Malignant pathology was also correlated with higher complication rates, particularly nerve-related injuries, likely due to the need for more extensive dissection.

Table 3 illustrates the association between the type of surgery and major complications.

Table 3. Association Between Type of Surgery and Major Complications

| Type of Surgery | Hypocalcemia (%) | RLN Palsy (%) |
|---|---|---|
| Hemithyroidectomy | 2 (4.3) | 1 (2.1) |

| Type of Surgery | Hypocalcemia (%) | RLN Palsy (%) |
|---|---|---|
| (n=46) | | |
| Total Thyroidectomy (n=96) | 23 (24.0) | 7 (7.3) |
| Total + Neck Dissection (n=20) | 7 (35.0) | 3 (15.0) |

The data demonstrate a progressive increase in complication rates with expanding surgical extent. This finding aligns with the anatomical complexity encountered during total gland removal and nodal dissection, where preservation of parathyroid vascularity and nerve integrity becomes technically more demanding. Age and gender did not show statistically significant correlation with major complications in this study. Although older patients exhibited slightly prolonged hospital stays, the difference was not clinically significant. Comorbidities such as diabetes were associated with a marginally higher rate of wound-related complications, though the small sample size limited statistical strength. The mean duration of hospital stay was 3.8 ± 1.2 days. Patients who developed complications had an average stay of 5.2 days compared to 3.1 days in uncomplicated cases. This difference highlights the resource implications of post-operative morbidity, reinforcing the importance of preventive strategies.

The discussion of these findings emphasizes several key observations. First, the overall complication rate remains within acceptable international benchmarks, confirming that thyroid surgery is a safe procedure when conducted in a tertiary care setting with experienced surgeons. Second, transient hypocalcemia remains the predominant complication, particularly after total thyroidectomy. The findings support careful identification and preservation of parathyroid glands as a critical operative priority. Third, recurrent laryngeal nerve injury, though relatively uncommon, continues to represent a significant functional concern, especially in malignancy-related surgeries. The prospective design of this study allowed accurate identification and classification of complications, reducing underreporting. Routine biochemical monitoring facilitated early detection of asymptomatic hypocalcemia, enabling timely supplementation and preventing severe manifestations. Structured follow-up ensured differentiation between transient and permanent outcomes, providing a clearer understanding of long-term impact.

The study also highlights the relationship between surgical complexity and complication risk. As thyroid surgery increasingly incorporates oncologic clearance and nodal dissection, surgeons must balance radicality with preservation of vital structures. Adoption of standardized operative protocols and continuous skill refinement are essential to minimize morbidity. In conclusion, the results demonstrate that while post-operative complications following thyroid surgery are not uncommon, most are transient and manageable. The extent of surgery and operative duration are key determinants of adverse outcomes. Early detection, meticulous surgical technique, and vigilant monitoring significantly reduce permanent morbidity. These findings reinforce the value of prospective institutional audits in enhancing patient safety and guiding continuous quality improvement in thyroid surgical practice.

**Conclusion:-**

This prospective study provides a comprehensive evaluation of post-operative complications following thyroid surgery in a tertiary care hospital and offers meaningful insight into the safety profile, risk factors, and clinical outcomes associated with these procedures. The findings confirm that thyroid surgery, when performed in a structured institutional setting with standardized operative protocols and vigilant post-operative monitoring, is generally safe and associated with low rates of permanent morbidity. Although transient complications were observed in a notable proportion of patients, the majority were identified early and managed effectively without long-term consequences. Transient hypocalcemia emerged as the most frequent post-operative complication, particularly among patients undergoing total thyroidectomy and more extensive resections. This observation reinforces the critical importance of meticulous identification and preservation of parathyroid glands during surgery. Routine post-operative biochemical surveillance proved valuable in detecting asymptomatic hypocalcemia, enabling prompt supplementation and preventing severe symptomatic manifestations. Permanent hypocalcemia was relatively rare, underscoring that careful surgical technique and early intervention can significantly reduce long-term endocrine sequelae.

Recurrent laryngeal nerve injury, though less common than hypocalcemia, remains a clinically significant concern due to its functional implications. The study demonstrated that most nerve-related complications were transient and resolved within a few months, suggesting that neuropraxia rather than structural transection accounted for the majority of cases. The low incidence of permanent nerve palsy reflects the importance of deliberate nerve identification and cautious dissection, particularly in malignancy-related procedures requiring central or lateral neck clearance. These findings highlight the need for sustained surgical vigilance, especially in complex oncological cases where anatomical distortion may increase risk.

The incidence of post-operative hematoma, surgical site infection, and seroma formation was minimal, indicating effective intraoperative hemostasis and adherence to aseptic protocols. Prompt recognition and immediate management of hematoma cases prevented airway compromise and serious complications, emphasizing the necessity of close monitoring during the immediate post-operative period. The extended hospital stay observed in patients who developed complications further illustrates the clinical and economic implications of post-operative morbidity, strengthening the argument for preventive strategies and continuous quality improvement initiatives. An important contribution of this study lies in its prospective design, which allowed consistent documentation and follow-up, minimizing underreporting and facilitating accurate differentiation between transient and permanent complications. The analysis identified the extent of surgery and operative duration as significant determinants of complication risk, whereas demographic variables such as age and gender showed limited influence. These findings underscore that procedural factors and surgical complexity play a more decisive role than patient-related characteristics in determining early outcomes. Overall, this investigation reaffirms that thyroid surgery performed in a tertiary care environment is associated with favorable outcomes when standardized protocols, experienced surgical teams, and structured follow-up systems are in place. The study emphasizes the importance of careful operative planning, precise anatomical dissection, routine biochemical monitoring, and early management of emerging complications. Continued institutional audits and multi-center prospective studies are recommended to refine risk stratification models and further enhance patient safety. By integrating meticulous surgical practice with systematic evaluation of outcomes, healthcare institutions can ensure sustained improvements in the quality of thyroid surgical care.

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