



## Parathyroid Surgery Post-Operative Instructions

### What to expect after surgery:

- Be prepared to have a responsible adult drive you home. You may wish to have someone stay with you for the first 24 hours in case you need assistance.
- You may have bruising and swelling around your incision site. This is normal and will decrease over 2 to 3 weeks time. You will notice a firm ridge of healing tissue along the incision site. You may notice that your neck feels 'tight' for the first few days. This is normal and will decrease as your bruising and swelling decreases.
- Your incisions will be covered with tape. DO NOT remove it. You may remove the outer dressing two days after surgery. It is ok to shower at that time. You may not submerge yourself in water (bath tub, hot tub) until your doctor has cleared you to do so. Do not remove tape while showering. It will fall off over time, or will be removed at your post-operative appointment.
- You may feel tired for a couple of days after surgery. Adjust your physical activity accordingly. Try to avoid bumping the area around your incision as this could delay the healing process.
- Take your pain medication as needed. Do not wait until you pain is severe before taking it. You should notice that you no longer need pain medication after 4 to 7 days. Difficulty with urination may be a side effect of taking pain medication. If you experience this, try urinating in a warm shower to help with urine flow. If you are still unable to urinate, please call our office.
- Your blood calcium level may decrease for the first few days after surgery. This could cause numbness and tingling around your lips, muscle cramps in your hands and feet, abdominal pain, or weakness. If this occurs, take calcium supplements such as Tums (2 tablets 4 times daily) until you come in for your post-operative appointment. Your blood calcium level should be drawn a few days after your surgery. Please contact our office if you did not receive a laboratory order form when you were discharged from the hospital.

### Contact our office if:

- If you develop a fever greater than 101 degrees or notice bloody, white or green colored drainage from your incision sites.
- If you develop a large red area around your incisions.
- If you have a reaction to your medication. Ex. Hives, rash, shortness of breath