



Patient Info: Post-Op Instructions for Parathyroid Surgery

| Procedures | Parathyroidectomy & Minimally Invasive Parathyroidectomy |
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| Incision Care | The incision will be covered with white adhesive tapes known as steri-strips. These should be left in place for 7 to 10 days. You may shower 48 hours after surgery & get the steri-strips wet and pad them dry gently. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them. |
| Pain Medication | You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). Options for non-constipating pain medications include products that include Ibuprofen or Tylenol. |
| Parathyroid Medications | Calcium Carbonate, 600 mg. Take 2 tablets 4 times a day Rocaltrol, 0.25 mcg. Take one tablet every day for 5 days only. |
| Activity | Do not do any heavy lifting (more than 5 pounds) or vigorous exercise for 5 days. |
| Driving | Driving is not permitted for one week or while you are taking narcotic pain medication. You should also have good neck mobility to drive safely. |
| Return to Work | You may return to work in 1 week depending on the nature of your job. |
| Diet | You may eat anything you desire. If your throat is sore, try eating soft foods. |
| Physician Appointment | We will arrange to have your calcium level checked one week after surgery. Call (941) 744-2700 to confirm your post-operative appointment to see your surgeon in 1 week or if you have any questions. |
| When to call your Surgeon | <ul style="list-style-type: none"> Persistent fever over 101.5 degrees F (39 C). Purulent drainage (pus) or bleeding from the incision. Pain that is not relieved by your medications. Persistent nausea or vomiting. Persistent cough or shortness of breath. Redness surrounding any of your incisions that is worsening or getting bigger You are unable to eat or drink liquids |
| In Case of Emergency | Your surgeon is available 24 hours a day at 941-744-2700, or call 911, or go to your nearest emergency department at Manatee Memorial Hospital or Blake Medical Center. |