

Postoperative Parathyroid Instructions

Dr. Healy - Dr. Keele - Dr. Tubbs - Dr. Ramsey

Contact Information:

- **Glacier Ear Nose and Throat - (406) 752-8330**
 - 9am to 5pm, Monday-Friday
 - After 5 pm and weekends, an "on call" provider is available.
- **The HealthCenter - (406) 751-7550**

When should I call my doctor?

- If I am worried, my doctor is worried! I will call my doctor's office.
- If I have numbness, tingling or muscle cramps in my hands, feet or lips, I will call my doctor, go to the Emergency Room or if alone call 911.
 - I may have dangerously low calcium levels.
 - I will not drive if I experience this.
- I will call if I have signs of an infection, such as redness, drainage, warmth, pain or swelling around my incision or a fever above 101.5 degrees.
- If I am short of breath or have chest pain with no activity, I will call my doctor's office.

What should I expect after surgery?

- I will have a sore throat and hoarse voice for several days.
- I will have painful swallowing for several days.

****I will take extra calcium (like Tums), 3 times per day for 2 weeks. If I take reflux medication (like Prilosec or Prevacid), I will not take calcium within 4 hours of taking reflux medication****

When will I see my doctor?

- I need to have a follow-up with my doctor in 1 to 3 week after surgery.

What about my pain?

- I will have some discomfort.
- I may use over the counter Ibuprofen or Tylenol.
- I may be given a prescription for narcotic pain medication if Ibuprofen and Tylenol is not enough.
 - I will not take extra Tylenol if I am taking Norco, Lortab or Percocet because they have Tylenol in it.
 - I will not drive if I am taking narcotic pain medication.
 - Narcotic pain medication may cause constipation. I will drink extra fluids and I may need a stool softener.
- I will take acid reflux medication if my doctor instructs me to.
- I will follow pain medication instructions given by my nurse or pharmacist.

How do I care for my surgical site?

- I have skin glue on my incision that will come off by itself in about a week.
- If my skin glue has not come off in 10 days, I may pick it off.
- All my stitches are under the skin and will dissolve on their own.
- It is ok to shower and get my incision wet, but I may not soak in a bath or pool.

What about activity?

- I will avoid heavy lifting, bending, straining or stooping for 2 weeks after surgery. These things may increase my risk of bleeding.

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