

# Center for Endocrine Tumors and Disorders

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## POST - PARATHYROIDECTOMY INSTRUCTIONS

- OPERATION:** PARATHYROIDECTOMY
- WOUND:** Some swelling expected. Use Ice pack for first 24 hours. Steristrips can be removed in the shower 10 days after surgery, or at your follow-up visit. No bandage needed.
- DIET:** No diet restrictions. As desired.
- MEDICATION:** Resume previous medications, if any. Aspirin can be resumed 48 hours after discharge.
- PAIN:** Take 2 Tylenol caps every 4 hours, as needed, or as prescribed. Throat lozenges or Chloraseptic spray as needed for throat pain. Ice Cream / Frozen Yogurt is great!
- ACTIVITY:** Rest today, resume full activities tomorrow.
- MOVEMENT:** Neck movements are encouraged: up, down and side to side.
- BATHING:** Taking a shower, washing your hair with shampoo and water is OK after 24 hours of surgery. Pat dry, DO NOT RUB.
- THINGS TO LOOK FOR:** Numbness around the lips and tingling in hands or feet may reflect low serum calcium levels. Expected in some patients after successful surgery.
- TO DECREASE THESE SYMPTOMS:** Take 1 Tums tablet, 3 times a day, if any tingling.
- BLOOD WORK:** Serum calcium level to be drawn the morning after surgery.
- FOR PHYSICIAN HELP:** Contact Dr. Melanie Goldfarb at 310-829- 8751 during office hours. After hours and on weekends, please call for further instructions.