



# Parathyroid

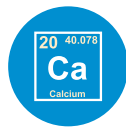
## Post-Op Instructions



**PAIN:** Take prescribed pain medication as directed. Transition to acetaminophen every six to eight hours as tolerated within several days. While you are taking prescription pain medication, you may be prone to constipation. 100mg of Colace, twice a day, or one full cap of Miralax per day, is advised (both of these are available over-the-counter).



**ACTIVITY:** No heavy lifting or strenuous exercise for two weeks. Resume normal daily activities as soon as you feel able. NO bed rest. It's okay to drive once you are not taking prescription pain medication and can move your neck side-to-side comfortably.



**CALCIUM:** If you had a total thyroidectomy or parathyroidectomy, you will likely be advised to take a calcium supplement until follow-up in the clinic. Signs of low calcium levels include: tingling and numbness in your lips and fingertips and even deep muscle spasms. If this happens, take two Tums. If the symptoms do not resolve or immediately come right back, please proceed to the emergency room to have your calcium levels checked.



**INCISION:** Watch for increased swelling in the neck or changes in breathing. These symptoms could be a sign of bleeding inside. If you have difficulty breathing, you should go to the nearest emergency room immediately. There will be normal swelling or a "lump" deep into and even above the incision. This is expected and will go away with time.



**PATHOLOGY:** The tissue removed will be tested and reviewed by a pathologist. We may call with the results or discuss your final results at your follow-up appointment.



**SHOWERING:** It's okay to get your incision wet 24 hours after surgery. Do NOT soak/ submerge incision in a tub, as this may prolong healing time.

### WE ARE HERE FOR YOU

Please don't hesitate to contact our office at **605-217-4320**, if you have any questions or concerns. We are happy to assist you.

If you are unsure of an emergency and it is outside of business hours, please call the operator at Unity Point at **712-279-3500** and ask for the ENT on-call.