

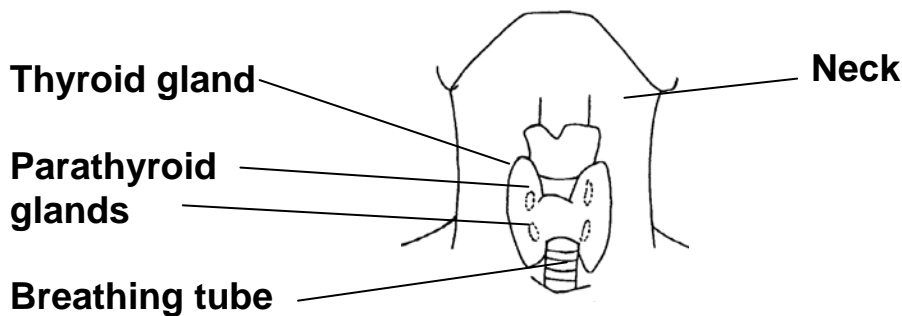
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## Parathyroidectomy Surgery for Primary Hyperparathyroidism

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### What is parathyroidectomy surgery?

The parathyroid glands secrete a hormone that controls the amount of calcium and phosphorus in your body. You need a balance of calcium and phosphorus for growth and function of nerves, muscles, bones and teeth. Parathyroidectomy surgery is done when the calcium and phosphorus in your body are not well balanced.



During parathyroidectomy surgery, the 4 small parathyroid glands in your neck are examined and enlarged ones are removed. The surgeon makes an incision in the front of your neck to do this.

### What do I need to do before surgery?

You must come to the Pre-Admission Assessment Clinic 1 to 2 weeks before surgery to have any blood work, X-rays and other tests your doctor orders. In this clinic, you will talk to a nurse and anaesthetist. You will learn how to get ready for surgery and have your questions answered.

Bring a list of your medications to the clinic so the nurses and anaesthetist can see what you are taking. If you take medication the nurse or anesthesiologist will tell you what medications to take the morning of surgery.

If your doctor wants you to shave your neck at home, the nurse will review this with you.

# What to Expect after Surgery

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## How will I feel after surgery?

After surgery, you will go to the recovery room. You will be watched closely by the nurses until you are awake. If you feel pain or have an upset stomach, the nurse will give you medication to help.

## The Nursing Unit

Most patients are discharged in 2 to 4 hours. Sometimes a patient needs to be admitted overnight. If this is needed, you will go to a nursing unit for care and teaching after surgery.

## Calcium blood level

The amount of calcium you have in your blood needs to be monitored closely. You will have blood samples taken in the recovery area.

It may need to be taken the next morning. If any more blood needs to be tested, your doctor will tell you.

## Incisions

The incision is closed with stitches or special tape called steri-strips. A tube, called a drain, may sometimes be placed in the incision at the time of surgery. The drain removes fluid caused by surgery.

The visiting nurse will take the drain out when there is less than 1 teaspoonful of drainage in 24 hours. If you have stitches the visiting nurse will take them out.

## Pain

You should be able to do whatever you could before surgery. You will start to feel better and the pain you had from having high calcium will start to go away. This may take a couple of weeks.

Before you go home you will be given a prescription for pain control. Take this medication as directed by your doctor.

## Diet

When you go home, you can follow your normal diet.

## Medication

Your doctor may want you to take calcium (such as Extra Strength TUMS) for up to 2 weeks after surgery.

## Activities

You may feel tired for 1 or 2 days. You can gradually go back to all of your regular activities when you go home.

## When do I see my doctor again?

The nurse will give you a follow-up appointment with your doctor before you leave the hospital.

**If you do not have an appointment, call your doctor to arrange this after you are home.**

## Call your doctor if you have any signs of infection:

- increased swelling around your incisions
- redness around your incisions
- yellow or green discharge around your incisions
- increased temperature



## Call your doctor if you have:

- pain after surgery that does not feel better each day
- any questions or concerns

## Is there anything else I should watch for?

Contact your doctor if you have any of these problems. You may need your calcium adjusted.

### Signs of low calcium are:

- numbness or tingling in your fingertips or around mouth
- muscles cramps in hands and feet
- shaking
- convulsions

### Signs of high calcium are:

- upset stomach or nausea
- anorexia
- constipation