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INSTRUCTION SHEET FOR AFTER SURGERY

Parathyroidectomy

After surgery there are several things that you or your family will probably experience. This sheet should help address many common questions or concerns.

Pain:

- Discomfort after surgery is very common. This may include a sore throat as well.
- Take prescribed pain medicine as directed on the packaging.
- Use over-the-counter acetaminophen and ibuprofen as described on the package label.
- If you are on prescription aspirin, do not resume it until 2 weeks after surgery.

Diet:

- Drink lots of "clear" liquids the first few days after surgery, such as water and dilute fruit juices.
- Eat a bland diet initially after surgery, then you may advance to your normal diet.

Medications:

- You may be prescribed some new medications after surgery. Take them as directed.

Wound care:

- A small amount of bleeding or drainage after surgery is normal for the first 2 days. If there is excessive or prolonged bleeding or drainage, please call the office.
- A small amount of swelling is normal after surgery. Call the office or proceed to the emergency room for excessive or severe swelling.
- If you have a dressing over the surgical site, leave it in place. It is ok to get it wet. If it starts to fall off after 1 week, it is ok to gently remove it.

Other concerns:

- Watch for signs of low calcium: numbness or tingling of the lips, fingers, or toes is the most common sign. Other signs may include muscle cramping or profound weakness, or irregular heartbeat. If you notice these signs, take an extra dose of calcium and call the office.
- Avoid straining, heavy lifting, and vigorous exercise for 2 weeks after surgery.

If problems or questions arise, please call the office at (458) 205 6500.