Discharge Instructions: Post Op Parathyroidectomy

What To Expect

• Your neck will be sore for several days. You may be hoarse or have a sore throat for a few days.
• Remember to take your medications as ordered, including thyroid and/or calcium supplements.

Wound Care

• Your neck incision will be covered with Dermabond™ (skin glue), steri-strips (thin sticky strips placed across the wound to hold skin edges together). You may also have a dressing.
• It is normal to have a small amount of oozing from the incision for the first 1-2 days. You may ooze reddish-colored fluid, especially if you take a blood thinner like aspirin, but you should not have fresh bleeding.
• Do not remove the Dermabond™ or the steri-strips.

Pain Control

• Take acetaminophen (Tylenol®) or ibuprofen (Advil®/Motrin®) for pain. If this doesn’t control your pain, call us and we may prescribe something stronger.
• If you take an opioid medication that contains acetaminophen, do not take more acetaminophen. The recommended maximum daily dose of acetaminophen is 3000 milligrams (mg). Check all medication labels. Acetaminophen is found in over-the-counter and prescription medications.

Restrictions

• Do not lift anything that weights more than 15 pounds and no strenuous activities for 30 days.
• Do not drive (or operate heavy machinery) if you are taking opioid pain medication.
• You can gradually return to your normal activities after 2 weeks, as tolerated.

Call Us If...

• You have numbness/tingling in fingers, toes, or around your mouth
• your neck has swelling or your drain suddenly has increased output
• you are hoarse for more than a few days after surgery or have shortness of breath or difficulty breathing
• you have bleeding that does not stop after you put pressure on the area
• you develop severe, uncontrolled pain at the site of your surgery
• the area around the incision or biopsy site becomes inflamed or reddened
• you have a fever of 100.4°F (38°C) or higher

The Head and Neck Center is open Mon. – Fri, 8:00 a.m. – 5:00 p.m. Phone: 716-845-8186. After hours, call Roswell Park at 716-845-2300. If it is determined you need to be seen, you may be asked to come to the Assessment and Treatment Center (ATC). The ATC is open 24/7 but you need a referral from your doctor (or the doctor on call). It is not a walk in clinic.