

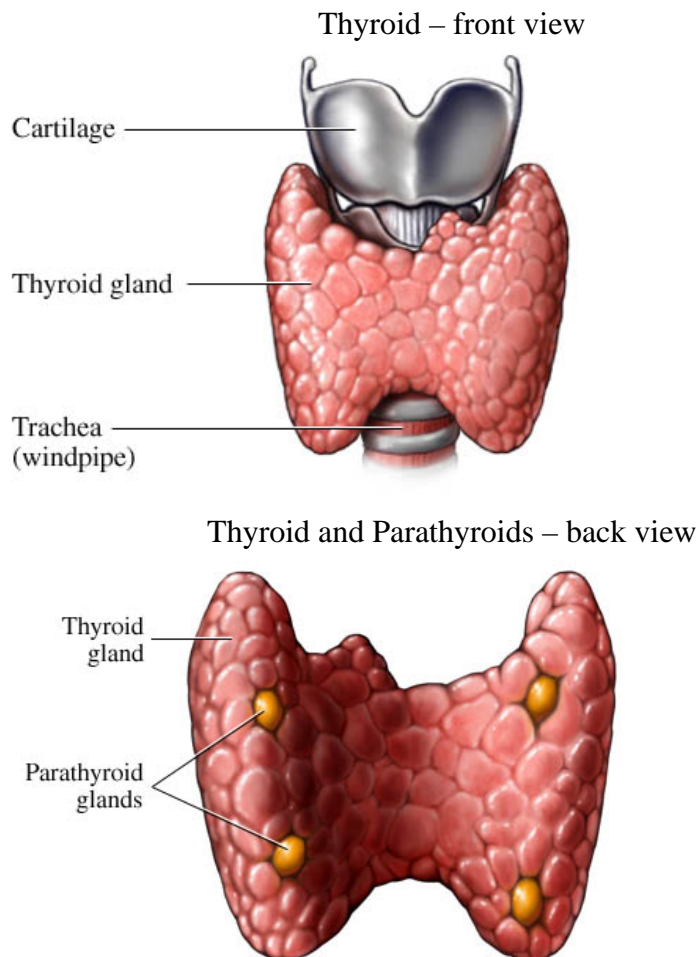


Endocrine Surgery Unit / General Surgery
Department of Surgery
75 Francis Street
Boston, Massachusetts 02115
Tel: 617-732-6830
Fax: 617-739-1728

Francis D. Moore, Jr., MD
Atul A. Gawande, MD, MPH
Daniel Ruan, MD

Parathyroid Surgery Instructions

The parathyroid glands are located near the back surface of the thyroid gland. There are usually 4 parathyroid glands. The parathyroid glands regulate calcium metabolism in conjunction with Vitamin D.



Parathyroidectomy is removal of one or more diseased parathyroid gland(s).

Operative time: usually 1 hour.

Anesthesia: General anesthesia is used.

Hospital stay: usually day surgery.

Preparing for Parathyroid Surgery

1. Please inform your surgeon of any signs of cold, infection, or fevers that appear before surgery.
2. Do not eat or drink after midnight on the night before your operation.
3. If you take any prescription medications on a daily basis, take as specifically instructed by your surgeon and/or anesthesiologist.
4. To confirm your surgical time, please call 617-732-7625 between 3:30 and 6:30 p.m. on the business day prior to your surgery.

Day of Surgery

1. Come to the Day Surgery office at the time specified.
2. You will be accompanied to the Pre-operative Area

In Pre-operative Area

1. An intravenous line (IV) will be started.
2. You will meet the anesthesiologist
3. You will be given sedation.
4. You will be brought to the operating room and given general anesthesia.

After Surgery

1. You will wake up in the day surgery recovery room.
2. The incision is closed with sutures that dissolve and will be covered by a plastic glue-like dressing called Dermabond.
3. Ask for pain medication if you are in pain.
4. You will continue with intravenous fluids until you are taking adequate fluids orally.
5. Your diet will be advanced from liquids to solid food as you tolerate.
6. If you have a parathyroidectomy and all has gone as expected, you will be discharged to home when you have recovered – usually after two hours or so. You must have someone pick you up to take you home.
7. You should start doing range of motion exercises for your neck. You should do these exercises four times a day for five minutes until your neck mobility is back to normal.
 - a. Flex your head forward, left and right
 - b. Turn your head from side to side

Discharge Instructions

The nurse will call you within 24-48 hours after your discharge to review discharge instructions (including medications). Should you have an urgent matter outside of office hours (8:30 a.m. – 5:00 p.m. M-F), please call 617-732-6660 and have your surgeon paged.

Pain: For pain, take ibuprofen or Tylenol as your first measure. For more severe pain, take the narcotic pain medication as needed and according to the prescription.

Incision Care: The Dermabond wound sealant is waterproof. You may shower, use soap, and pat it dry. Do not use lotions on the incision – lotions will dissolve the coating. After several weeks, it will begin to flake off.

Activity: No restrictions. Driving is permitted once you are no longer taking narcotic pain medication and have good neck mobility.

Diet: No restrictions.

Follow up visits:

1. You will follow up in the office 2-4 weeks after surgery. Please call the office if you do not have this appointment already scheduled.

Please call the office with any questions 617-732-6830.

**IMPORTANT: POST-OP LAB ORDER
DO NOT DISCARD!**

Dear Patient:

The following is your first calcium blood draw order. The office nurse will contact you following surgery to schedule an outpatient calcium draw as needed.

Patient: _____

Date of Birth: _____

Date of Blood Draw: _____

Diagnosis: ICD-9 code 252.1

Dr. Daniel T. Ruan

NPI #: 1285711275

Signature: _____

Please draw a *stat* serum calcium level on the patient listed above and fax the results to Dr. Ruan at 617-739-1728

Please call 617-732-6830 with any questions.