



Patient Info: Post-Op Instructions for Parathyroid Surgery
by Dr. Jose Erbella

Procedures	Parathyroidectomy & Minimally Invasive Parathyroidectomy
Incision Care	The incision will be covered with white adhesive tapes known as steri-strips. These should be left in place for 7 to 10 days. You may shower 24 hours after surgery & get the steri-strips wet and pad them dry gently. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them.
Pain Medication	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). Options for non-constipating pain medications include products that include Ibuprofen or Tylenol.
Parathyroid Medications	Calcium Carbonate, 600 mg. Take 2 tablets 4 times a day Rocaltrol, 0.25 mcg. Take one tablet every day for 5 days only.
Activity	Do not do any heavy lifting (more than 10 pounds) or vigorous exercise for 3 weeks.
Driving	Driving is not permitted for one week or while you are taking narcotic pain medication. You should also have good neck mobility to drive safely.
Return to Work	You may return to work in 1 week depending on the nature of your job.
Diet	You may eat anything you desire. If your throat is sore, try eating soft foods.
Physician Appointment	We will arrange to have your calcium level checked one week after surgery. Call (941) 896-4788 to confirm your post-operative appointment to see Dr. Erbella in 1 week or if you have any questions.
When to call your Surgeon	Persistent fever over 101.5 degrees F (39 C). Purulent drainage (pus) or bleeding from the incision. Pain that is not relieved by your medications. Persistent nausea or vomiting. Persistent cough or shortness of breath. Redness surrounding any of your incisions that is worsening or getting bigger You are unable to eat or drink liquids
In Case of Emergency	Dr. Erbella is available 24hrs a day. You may call either our office (941) 896-4788, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.