

If you experience any of the following symptoms, call your doctor or clinic immediately, or report to the nearest Emergency Department:

- swollen, red or draining incision.
- excessive, increasing pain.
- feeling hot or feverish with a temperature over 38o Celsius.

If you have any questions, please do not hesitate to ask your doctor, nurse or any other member of the health care team.

This pamphlet was developed by the preadmission nurse clinician in consultation with the preadmission nurses, the surgical clinical resource nurses, and nursing unit staff.

March 2001



Preadmission information for

Parathyroidectomy

**Burnaby Hospital
Preadmission Clinic**

What is a Parathyroidectomy?

The *parathyroid glands* are located in the neck at the back of the thyroid gland.

A *parathyroidectomy* is the surgical removal of these glands.

Your hospital stay is generally 24 hours.

At Home The Night Before Surgery

1. Do not eat or drink after midnight unless otherwise advised by your doctor.
2. Take a bath or shower, including a hairwash.

In Hospital Before Surgery

1. You will have an intravenous started the morning of surgery for fluid replacement and medications.
2. You may have preoperative medications to reduce stomach secretions.

What to Expect After Surgery

- You will wake up in the recovery room.
- You will have an incision on your throat and possibly a small drain to remove fluid and promote healing.
- You may have sutures or skin clips that are removed by the nurse before you go home.
- Your pain is usually controlled by pain medication injections or tablets.
- While in bed, you will need to turn carefully to support your head and avoid straining your incision.

- You will have the head of your bed elevated slightly and your neck will be supported with pillows.
- Your nurse will check your incision frequently for any bleeding and assess your breathing.
- Initially, you may have difficulty swallowing and may have a sore throat.
- Your sore throat can be relieved with cold fluids and ice chips.
- You will be asked to say “E” so that the nurse can check your voice.
- You may have oxygen applied at first to ease your breathing.
- If you have any difficulty breathing or you feel any throat tightness, you need to tell your nurse immediately.
- You will be asked to do postoperative exercises right away, and will be up out of bed the evening of your surgery.
- Your intravenous will be stopped as soon as you are drinking well.
- You are usually able to have a regular diet the evening of your surgery.