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SPECIALIST  
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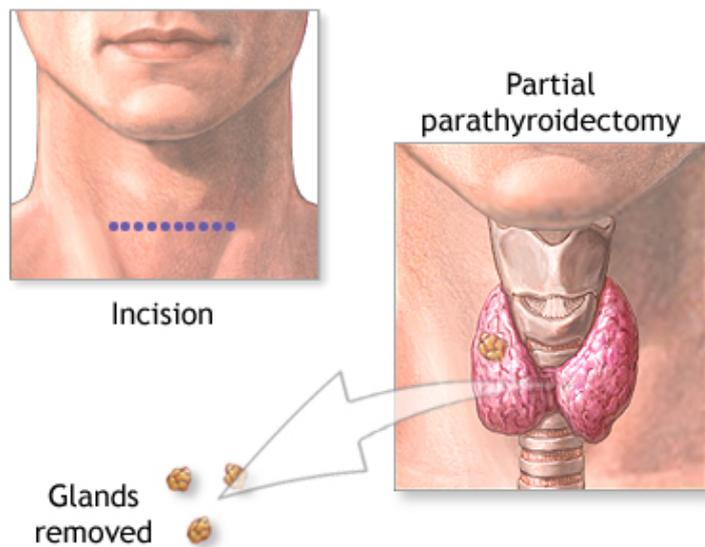
## PARATHYROIDECTOMY- AN OPERATION TO REMOVE PARATHYROID GLAND/S OR PARATHYROID TUMOURS.

### Indications:

Parathyroidectomy is commonly recommended when the parathyroid glands are producing too much parathyroid hormone. This condition is called hyperparathyroidism. It is often caused by a small non-cancerous (benign) tumour called an adenoma. The entire or a nodule in the gland is hyper functioning.

### Procedure:

During the surgery the parathyroid gland/s or parathyroid tumours is removed. The parathyroid glands are right behind your thyroid gland in the neck. These glands help the body control calcium levels. The operation is done through a discreet cut in the lower neck line, as indicated by the stippled line on the diagram.



 ADAM.

### Possible complications:

- Hypoparathyroidism. This can lead to low calcium levels that are dangerous for your health.
- Injury to the thyroid gland or the need to remove part of the thyroid gland.
- Other complications may include bleeding, a hoarse voice, difficulty swallowing, numbness of the skin on the neck, vocal cord paralysis.
- Occasionally the wound swells due to a build-up of blood in the neck within 24 hours after the operation. Wound infection is a rare problem and settles down with appropriate treatment.
- Rarely the wound needs to be re-examined in theatre.
- Chest infections may arise particularly in smokers.
- Aches and tingles may be felt in the wound for up to 6 months post-operatively. In some cases, there may be numb patches in the skin around the wound, which gets better after 2 to 3 months.

### Before:

After your consultation:

- Obtain authorization from your medical aid and book your bed for your hospital admission.
- Carefully read through pre-operative information provided.

Day before surgery:

- Do not eat/drink after 22h00, the night before your surgery, unless otherwise specified by your surgeon or anaesthetist (you should be fasting for at least 6 hours before the procedure for solids but you are allowed to take clear liquids up to two hours before your procedure).



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**Day of surgery:**

- Arrive for admission at indicated time on 'Code & Consent' sheet.
- Change into theatre attire, remove all valuable belongings.

**Duration of procedure:** Approximately 1-2 hours

**After:**

Duration of hospital stay:

- 1-2 days (dependent on pain management, general state of patient and first bowel movement).

Activities:

- Refrain from strenuous activities (incl. exercise) for at least 4 weeks post-operatively.

Back to work:

- Sick leave required post-operatively is approximately 7-14 days.

**Pain:**

Some pain and discomfort post operatively may be expected following any operation, but the following measures are used to lessen the pain experienced:

- Warming devices in theatre as well as warm intravenous fluids.
- Intra-operative pain medication through the drip.
- Post-operative medication through the drip, please inform the nurses if you are in pain so that medication will be administered to you.

**Follow-up:**

- As close to one week after discharge as possible. Please contact the rooms to schedule an appointment.

If you experience any worrisome problems, please contact the rooms during working hours or the emergency number (012) 333 6000 after hours.