



Stephanie Jo Herrera, M.D.

## Post-Operative and Discharge Instructions

### Parathyroid Surgery

1. No heavy lifting (>10 lbs.) for two weeks.
2. Bathe only. Keep neck dry until drain is removed by Dr. Herrera. If no drain present, OK to shower in 24 hours.
3. Diet as tolerated.
4. Pain medications: Hydrocodone/APAP every six hours as needed. May alternate with Ibuprofen 600mg every six hours if needed. May take regular Tylenol (OTC) INSTEAD of hydrocodone/APAP if pain is mild. Contact Dr. Herrera's office if pain is not controlled to tolerable level.
5. Take Colace (OTC) twice daily as a stool softener to prevent constipation while taking hydrocodone. Increase your fluid intake. You may also use fiber supplements such as Benefiber or Metamucil. If you have loose stools, stop fiber and Colace but continue taking lots of fluids to prevent dehydration. If loose stools persist for more than 2-3 days, contact Dr. Herrera's office.
6. If a drain is present, empty the drain and record output twice daily. When evening and morning total is less than 30mL (two tablespoons), return to Dr. Herrera's office for removal. This usually occurs 3-4 days after surgery.
7. Tape over the incision will begin to peel off within one week. If very loose, you may trim the edges.
8. Contact Dr. Herrera's office for swelling, redness, or increasing pain, fever >100.4, difficulty swallowing, or for numbness or tingling in your lips or fingertips.
9. Due to medications given at the time of surgery, your urine will be blue or green. Drink plenty of fluids and the urine will revert to normal pale or yellow color as the medication is excreted from your body.