

FAQs : Parathyroidectomy

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<p>1. What are the risks of the operation?</p> <p>There are three main risks for parathyroidectomy.</p> <p>A. Recurrent laryngeal nerve injury: This nerve controls your vocal cords and if injured you will have a hoarse voice. There is a 1% chance of permanent hoarseness and a 5% chance of temporary hoarseness (<6months).</p> <p>B. Low blood calcium: There are parathyroid glands that lie behind your thyroid gland that help to control your blood calcium levels. If they are injured or removed (can lie within the thyroid gland) during your operation, then your blood calcium can be too low. This would require you to take calcium and vitamin D supplementation. There is a 1% chance of permanent calcium supplementation and 5% chance of temporary calcium supplementation.</p> <p>C. Bleeding: There is a 1/300 risk of bleeding with your operation. This is the main reason you stay overnight in the hospital.</p>	<p>1. 做此手術有什麼風險？</p> <p>切除甲狀旁腺手術有三個主要的風險：</p> <p>A. 喉部神經損傷復發：此神經控制您的聲帶，如果受了傷，您的聲音會變嘶啞。聲音嘶啞的機率會有1%是永久性的和5%是暫時性（<6個月）的。</p> <p>B. 低血鈣：您的甲狀旁腺是在甲狀腺背後，作用是控制您的血鈣水平。如果它在您做手術過程中受了傷或被錯誤切除（它可能藏在甲狀腺內），那麼您的血鈣水平便可能會降得太低，這就需要您用鈣片和維生素D去補充，這要補鈣機率有1%是永久性的和5%是暫時性的。</p> <p>C. 出血：您需要在醫院過夜的主要原因是因為您有1/300 機率的手術出血風險。</p> <p>2. 如何準備做此手術？</p>

2. How do I prepare for surgery?

There is no reason to change your diet and/or most medications prior to your operation. You will be seen by the anesthesiologist at least one week prior to your surgery for a preoperative check. At this appointment there may be blood or other tests done to prepare you for your surgery. **If you take blood thinning medications, such as aspirin, Plavix, ibuprofen, or Coumadin, you will need to contact the prescribing physician to discuss stopping these medications prior to your surgery.**

3. How long is my hospital stay? Can I have someone stay with me overnight?

Most patients only spend one night in the hospital or may be discharged at the end of the surgery day depending on your case.. There is no guarantee for a private room.

4. What kind of scar will I have after surgery?

The incision is about 1-2 inches in length, and is placed in the midline of the neck in a normal skin crease to minimize scarring and visibility.

5. How do I care for the incision?

There will be Steristrips or surgical glue on your incision. These can be removed 10-14 days following your operation. There is no need to place any further dressing on your incision. You may use vitamin E oil or similar product to help the healing process, but it is NOT necessary. You SHOULD use sunscreen and/or cover to protect the incision from the sun. You may

您不需要在做手術之前改變平時飲食及服用藥物的習慣。麻醉師在手術前至少一星期會替您做術前身體檢查。在這為您準備手術的約診中，有可能要做血液或其他檢查。如果您服用血液稀釋劑，如阿司匹林，氣吡格雷，布洛芬，或華法林，您必須聯絡給您處方的醫生討論您在手術前是否應該停用這些藥物。

3. 我要住院多久？我可以有人留院陪我過夜嗎？

根據您的手術情況而定，您或許可安排在當天出院，但大多數患者需要留院一晚，不過不能保證有私家病房。

4. 我手術後會有些什麼樣的疤痕？

手術切口的長度約為1-2英寸，並會被放置在頸的中部一些正常皮膚的摺皺下，以減少疤痕和能見度。

5. 我如何照顧切口？

您的切口會有膠條 Steri strips 或手術膠水。這些可以在手術 10-14 天後除去，不需要將任何敷料再次放在切口上。您可以使用維生素E油或類似產品以助切口癒合，但這並不是必須的。您應使用防曬霜和/或砂布

take a shower. It is OK to get it slightly wet, but not soaking wet.

6. What medications will I be taking after my operation?

Your blood calcium will be checked the night of your operation and in the morning following your operation. If your blood calcium level is low following your operation, you may experience hypocalcemia symptoms such as numbness/tingling and muscle cramping. These symptoms are relieved by taking calcium supplements (Tums, Oscal, etc) and, if needed, vitamin D (Rocaltrol). You can take 2 grams of calcium (4 tablets of 500mg Tums) every 4 hours as needed for your symptoms. Pain medication may be taken as necessary, and is usually only need for three to four days following parathyroidectomy.

7. Do I need to donate blood (autologous or designated donor) prior to my surgery?

It is highly unlikely that you will require a blood transfusion during your parathyroidectomy, and therefore not medically necessary to donate (autologous or designated donor) blood prior to your surgery.

8. Are there any restrictions following my operation?

You can resume regular activity as tolerated. Walking outside, going up and down stairs, and performing light activities are all encouraged. Avoid

覆蓋以保護切口不要曬到太陽。您可以洗澡，微濕沒問題，但卻不要濕透。

6. 手術後我將要服用什麼藥物？

您的血鈣將會在您手術當晚和次天早晨受檢驗。如果您手術後的血鈣水平過低，您便可能會有低鈣的症狀，如麻木/刺痛和肌肉痙攣。服用鈣補充劑（Tums，OSCAL等）會消除這些症狀。如果仍有需要，可服用維生素D（羅鈣全 Rocaltrol）。根據您症狀所需，您可以每四個小時服用兩克的鈣（四粒500毫克的Tums）。有需要時可服用止痛藥，通常在做了甲狀旁腺手術後僅需服用止痛藥三到四天。

7. 我需要在手術前捐血給自己嗎（自體或指定的捐血者）？

在您的甲狀旁腺切除手術過程中需要輸血的可能性並不高。因此，在手術前沒有捐血的必要（自體或指定的捐血）。

8. 在手術後是否會有任何的限制？

您可以恢復做您能力所及的正常活動。您到外面散步，上落樓梯，並進行輕便的活動都是值得鼓勵的。直到您覺得您有能力，否則要避免

strenuous activity or lifting anything that weighs 10 pounds or more until you feel up to it. If you are feeling well and are not taking any pain medication, you may drive (usually the third or fourth day after surgery).

9. When can I expect to return to work?

In general, you can return to work when you feel ready, usually within one to two weeks.

10. Are there any dietary restrictions following my surgery?

Resume a normal balanced diet as tolerated. Be sure to drink plenty of fluids.

11. When should I have my post operative appointment?

You should be seen by your surgeon approximately 2-4 weeks following your surgery. This appointment can be made by calling our office **415-353-7687**.

12. When can I expect my pathology results?

In general, pathology results can expect to be final approximately 7-10 days. This may vary depending on the type of surgery. Special staining may be necessary and may delay results. **PATHOLOGY RESULTS WILL BE DISCUSSED AT YOUR POST OPERATIVE APPOINTMENT UNLESS OTHERWISE INDICATED.**

做劇烈活動或提起任何重達10斤以上的物件。如果您感覺良好和沒有服用任何止痛藥，您便能駕車（通常在手術後的第三或第四天）。

9. 我什麼時候能返工？

在一般情況下，當您覺得準備好了，通常在一到兩週，您便可以恢復工作。

10. 我的飲食在手術後有限制嗎？

如果能夠的話，您可恢復正常的均衡飲食，並且一定要多喝水。

11. 我在手術後應該什麼時候覆診？

您應該在手術後大約2至4星期內去見您的外科醫生覆診。請打電話到外科醫生的辦公室 415-353-7687 預約。

12. 什麼時候我才能得到我的病理結果？

在一般情況下，約在7至10天內便可以得到敲定的病理結果。但這會根據做那一種手術而時間不等。結果可能會因要做特殊的染色測驗而被延誤。除非另有所示，醫生會在您術後的覆診時和您討論您的病理報告結果。

13. How do I know if I need any further treatment?

If applicable, further treatment questions will be addressed at your post operative appointment with the surgeon. Treatment options may also be discussed with your referring Endocrinologist.

13. 我怎麼知道我是否需要做任何進一步的治療？

如果適當的話，外科醫生會在您術後覆診時回答您下一步治療方案的問題。您也可以與您的內分泌科醫生討論治療方案的選項。