



## **Primary Hyperparathyroidism and Parathyroidectomy**

Primary hyperparathyroidism is a condition where one or more of the parathyroid glands produce excessive amounts of parathyroid hormone (PTH). This hormone regulates calcium levels in the blood, and when overproduced, it leads to elevated calcium levels (hypercalcemia). Symptoms of hypercalcemia can include fatigue, weakness, depression, kidney stones, osteoporosis, and abdominal pain.

Parathyroidectomy is the surgical removal of one or more parathyroid glands and is the definitive treatment for primary hyperparathyroidism. The goal is to normalize PTH levels and reduce the risk of complications related to hypercalcemia, such as kidney damage and bone loss. This procedure is performed under general anesthesia, through an incision in the front of your neck. It may take 1-3 hours depending on the complexity. Most patients will go home from the surgical facility the same day as the procedure, some will stay overnight.

### **Pre-Operative Instructions:**

- **Fasting:**
  - Avoid eating or drinking after midnight the night before surgery.
- **Medications:**
  - You will likely need to stop taking blood thinners, weight loss medications and some diabetes medications, consult with your doctor. See attached for general recommendations.
  - Take all prescribed medications with a small sip of water as instructed, including any thyroid medications or calcium.
- **Health Status:**
  - Notify your doctor if you have any symptoms of cold, flu, or respiratory infection.
  - Inform your doctor of any allergies, especially to sedatives or anesthetics.
- **Day of Surgery:**
  - Arrive at the surgical facility as instructed.
  - Wear comfortable clothing and remove jewelry and contact lenses.
  - Arrange for a responsible adult to drive you home after the procedure, as you will not be able to drive yourself.

### **Post-Operative Instructions:**

- **Monitoring for Hypocalcemia:**

Viewmont Surgery Center -- 50 13th Avenue NE Hickory, NC 28601 [\(828\) 624-1250](tel:8286241250)  
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- Hypocalcemia is a potential risk after parathyroidectomy due to the sudden drop in PTH levels and calcium. Symptoms include tingling in the hands, feet, lips, or feet and muscle cramps.
- **Calcium and Vitamin D Supplementation:**
  - Take calcium supplements as prescribed. Commonly calcium citrate is given, often along with vitamin D.
  - Dosage may be adjusted based on your blood calcium levels but a typical dose is Calcium Citrate (315mg with Vitamin D). Take 2 tablets 3 times daily. *Example: 8am take 2 tablets, 2pm take 2 tablets, 8pm take 2 tablets.*
- **Activity:**
  - Rest for the first 24 hours after surgery.
  - Gradually resume normal activities as tolerated.
  - Avoid strenuous activities and heavy lifting for at least 1-2 weeks.
- **Diet:**
  - You may resume a normal diet as soon as you feel able but avoid foods that are hard to swallow initially due to potential throat discomfort.
- **Wound Care:**
  - Keep the surgical site clean and dry.
  - You may shower after 24 hours, but avoid soaking or submerging the incision.
  - Report any signs of infection (redness, swelling, or discharge) to your doctor.
- **Follow-Up:**
  - Follow up with your surgeon as scheduled. You may need repeat blood tests to monitor calcium levels and ensure normal parathyroid function.
- **Emergency Situations:**
  - If you experience severe symptoms of hypocalcemia (e.g., numbness or tingling around your mouth, hands, or feet, muscle spasms, difficulty breathing, or confusion), seek immediate medical attention.

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