



副甲状腺手术

如何做准备及其过程

华盛顿大学医学中心为病人提供的这份讲义，说明了如何为副甲状腺手术做准备。它包括手术后的自我护理、以及什么时候需要打电话给医生。

治疗副甲状腺疾病的方法很多。您的医生会用微创手术来治疗您的情况。这种手术使用小切口、让您的身体快速地愈合。

如何做准备

- 手术前一周开始、**不要**服用任何阿司匹林或其他影响凝血的产品。其中两个是布洛芬（阿德维尔，莫特林）及萘普生（阿列夫，纳普辛）。有关更多资讯、请参阅所附列表。
- 从手术前 48 小时开始、不要用剃须刀刮您身体的任何部位。我们要避免手术当天有任何皮肤割伤。
- 当您出院时必须有一位负责的成年人来医院接您、开车送您回家。您不可自己开车，也不可自己乘公共汽车或出租车。
- 在您手术前的门诊、护士会提醒您：
 - 在特定的时间后就不可吃喝。
 - 您服用的常规药物中有那些可以服用、那些不可服用。
 - 仅以一小口水送服药物。



当你出院时必须有一位负责的成年人来医院接你、开车送你回家。

手术前一天

- **淋浴：**手术前晚、请淋浴：
 - 使用护士给您的抗菌肥皂淋浴。

- **切勿**用抗菌肥皂洗脸或洗发。(请参阅肥皂附带的说明。)用您自己的肥皂、洗发精洗脸及洗发。
- 以清洁的毛巾擦干身体、穿上清洁的衣服。
- **报到的时间:**手术前一天、外科病人护理协调员(PCC)会在下午 5 点前给您打电话告诉您报到的时间。如您在周一做手术、病人护理协调员会在周五给您打电话。如您在下午 5 点之前还没有接到这个电话、请致电 **206.598.6541**。

手术当天

在家

- **禁食:**遵照护士对饮食的指示。
- **淋浴:**遵照前天晚上淋浴的指示再以抗菌肥皂淋浴。
- **药物:**按照护士给您的说明、服用或不服用某些药物。切记**仅以**少量的水送服。

在医院

- **热毯:**为了降低您感染的风险、我们会在您等待进入手术室前给您盖上热毯。让您的身体保暖、并有助于防止感染。如没有给您这热毯、请向护士索取。

手术后的注意事项

您安全的考量

手术期间和手术后给您的药会对您有影响。因此手术后 24 小时内、**切勿:**

- 驾车或独自旅行
- 使用机器
- 喝酒
- 签署法律文件
- 对其他任何人负责、如儿童、宠物或需要照料的成年人

伤口的护理

- 您颈的下部会有一个切口。会以缝线合闭(缝合)。
- 保持伤口清洁(请参阅第 3 页“淋浴”一节)

- 您的伤口上有**免缝胶带**(白色胶带)、请将它保留一周。
- 在您手术后**7至10天**、我们会在您来门诊时拆线。
- 为了减轻肿胀、睡觉时至少要将头抬起**45度**、您如用**3个枕头**来支撑您的头和颈部就可以了。

淋浴

- 手术后**2天**可以淋浴。
- **切勿**将免缝胶带取下。
- 淋浴后、将您的伤口拍干。不要盖住它。让它透气。

止痛

手术后您的颈部可能有些僵硬。要止痛、可以：

- 按照标签上的剂量说明、服用**乙酰氨基酚**(泰诺 **Tylenol**) 或**布洛芬**(艾德维尔 **Advil**、**Motrin**) 治疗轻度至中度疼痛。每隔**3至4小时**交替服用泰诺和布洛芬。
- 对于剧烈疼痛、请服用医生所开的止痛药处方(阿片类)。这种药**必需**按医嘱服用。

肿胀

如有肿胀、可以在伤口部位冰敷。但不要直接将冰放在皮肤上、先用布巾包冰袋。

低钙

手术后、短期内您血液中钙的指标可能会偏低。

- 按照指示服用 **Tums** 或**碳酸钙/维生素 D3/维生素 K1/软咀嚼片** (**Viactiv Calcium Soft Chews Plus Vitamins D&K**) 。
- 如您有抽筋、或您的嘴巴或指尖或脚趾有刺痛感、请多服用**2或3片 Tums** 片或 **Viactiv** 咀嚼片。
- 如**24小时**后、如您的症状仍然没有减轻、并且您服用了**10粒强效** (**500毫克**) **Tums** 片剂或 **Viactiv** 咀嚼片、请拨打下一页“您有疑问吗？”框中的一个电话号码。

活动及工作

- **切勿**开车、直到您：
 - 已经停止服用阿片类止痛药
 - 头颈转动时不会痛
- 大多数人在手术后休假一到两周以便恢复。

何时需要与我们联系

如有下列情况请致电诊所或您的医生：

- 呼吸有困难
- 颈部严重肿胀
- 吞咽困难
- 敷料渗血或流液
- 体温高于华氏 101.5° 度 (摄氏 38.6°度)
- 颤抖或发冷
- 伤口有任何被感染的症状：
 - 发红
 - 疼痛加剧
 - 肿胀
 - 流液有恶味
 - 流液的形状或量有改变
- 恶心或呕吐、或两者都有
- 嘴的周边、指尖或脚趾有针扎的感觉
- 肌肉抽搐
- 有所顾虑且不能等到复诊

您有疑问吗？

我们很重视您的提问。您有疑问或顾虑时、请致电您的医生或医护人员

安排门诊预约，致电耳鼻喉科 - 头颈外科中心

206.598.4022、当您听到录音时、再按 **8** 与前台服务人员联系

如您已经是我们的病人但对您的治疗计划有疑问：

- 工作日上午 **8** 点至下午 **5** 点、请致电喉科的语音信箱 **206.598.4437**
- 下班以后及周末假期、请致电 **206.598.4022** 当您听到录音时、再按 **5**。就会将您转到社区护理专线的护士。

Parathyroid Surgery

How to prepare and what to expect

This handout for patients at University of Washington Medical Center explains how to prepare for parathyroid surgery. It includes self-care after the surgery, and when to call the doctor.

There are many ways to treat parathyroid disease. Your doctor will treat your condition with *minimally invasive surgery*. This type of surgery uses small incisions, which allow your body to heal quickly.

How to Prepare

- Starting **1 week** before your surgery, do **not** take any aspirin or other products that affect blood clotting. Two of these are ibuprofen (Advil, Motrin) and naproxen (Aleve, Naprosyn). See the attached sheet for more information.
- Starting **48 hours** before your surgery, do **not** use a razor to shave any part of your body. We want to avoid skin cuts on the day of surgery.
- **A responsible adult MUST drive you home from the hospital when you are discharged.** You cannot drive yourself, or take a bus or taxi by yourself.
- During your pre-op visit, the nurse will remind you:
 - Not to eat or drink after a certain time.
 - Which of your regular medicines to take or not take.
 - To sip only enough water to swallow your pills.



A responsible adult must drive you home from the hospital.

Day Before Surgery

- **Shower:** Take a shower the night before your surgery:
 - Use the antibacterial soap your nurse gave you to wash your body.

- Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair.
- Use clean towels to dry off, and put on clean clothes.
- **Arrival time:** A Surgery patient care coordinator (PCC) will call you by 5 p.m. the night before your surgery. If you are having surgery on a Monday, the PCC will call you the Friday before. If you do not receive this call by 5 p.m., please call **206.598.6541**.

Day of Surgery

At Home

- **Fast:** Follow the nurse's instructions about not eating and drinking.
- **Shower:** Take another shower with the antibacterial soap. Follow the same steps as you did the night before.
- **Medicines:** Follow the instructions the nurse gave you about which medicines to take or not take. Remember to sip **only** enough water to swallow your pills.

At the Hospital

- **Heating blanket:** To reduce your risk of infection, we will cover you with a heating blanket while you wait to go into the operating room. This will warm your body and help prevent infection. Ask for a heating blanket if you do not receive one.

What to Expect After Surgery

For Your Safety

Medicine given to you during and after your operation will affect you. For 24 hours after your surgery, do **not**:

- Drive or travel alone
- Use machinery
- Drink alcohol
- Sign any legal papers
- Be responsible for anyone else, such as children, pets, or an adult who needs care

Incision Care

- You will have an incision across the lower part of your neck. It will be closed with *sutures* (stitches).
- Keep your incision clean (see "Showering," on page 3).

- If you have *Steri-Strips* (white tape) over your incision, leave them in place for 1 week.
- We will remove your sutures at your clinic visit, 7 to 10 days after your surgery.
- To help lessen swelling, sleep with your head raised at least 45 degrees. You can do this by propping up your head and neck on 3 pillows.

Showering

- You may take a shower 2 days after your surgery.
- Do **not** remove the Steri-Strips over your incision.
- After you shower, pat your incision dry. Do not cover it. Leave it open to the air.

Pain Control

After surgery, your neck may be stiff. For pain control:

- Take acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for mild to moderate pain. Follow the dose instructions on the label. Alternate taking Tylenol and ibuprofen every 3 to 4 hours.
- For severe pain, take the pain medicine (opioids) your doctor prescribed. Take this medicine **only** as prescribed.

Swelling

You can apply ice to the incision area to help lessen any swelling. Do not place ice directly on your skin. Wrap the ice in a towel or cloth first.

Low Calcium

After surgery, your blood-calcium level may be low for a short time.

- Take Tums or Viactiv Calcium Soft Chews Plus Vitamins D & K, as instructed.
- If you have twitching, or if you have tingling around your mouth or in your fingertips or toes, take an extra dose of 2 or 3 Tums tablets or Viactiv chews.
- After 24 hours, if your symptoms still do not lessen, **and** you have taken 10 Extra Strength (500 mg) Tums tablets or Viactiv chews, call one of the phone numbers in the “Questions” box on the next page.

Activity and Work

- Do **not** drive until you:
 - Have stopped taking opioid pain medicine
 - Can turn your head without pain
- Most people take 1 to 2 weeks off work to recover after this surgery.

When to Call

Call the clinic or your doctor if you have:

- Trouble breathing
- A lot of swelling in your neck
- Trouble swallowing
- Bleeding or drainage that soaks your dressing
- A fever higher than 101.5°F (38.6°C)
- Shaking and chills
- Any sign of infection in your incision:
 - Redness
 - Increasing pain
 - Swelling
 - Bad-smelling drainage
 - A change in the type or amount of drainage
- Nausea or vomiting, or both
- Tingling around your mouth, fingertips, or toes
- Muscle twitching
- Concerns that cannot wait until your follow-up visit

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **To set up a clinic visit**, call the Otolaryngology/Head and Neck Surgery Center at 206.598.4022 and press 8 to speak to the front desk.

- **If you are already a patient** and have questions about your treatment plan:

Weekdays from 8 a.m. to 5 p.m., call the Head and Neck Voice Mail Line at 206.598.7535.

After hours and on weekends and holidays, call 206.598.4022 and press 5 when you hear the recording. This will connect you with a nurse on the Community Care Line.