


Shalamar Hospital is striving to provide our patients quality health care, at lowest possible costs. Our hospital is continually active in pioneering new treatments and therapies to improve the lives of people in our community.



blood clots and pneumonia. You may also be given calcium and vitamin D supplements to help support your body's calcium balance while your remaining parathyroid glands adjust to the changes.

This includes knowing what to do if you experience symptoms of low calcium such as pins and needles or muscle cramps. Your calcium levels will need to be checked regularly, especially within the first two weeks after the operation. If you are undergoing haemodialysis, calcium levels will be monitored during each session. It is advisable not to drive for at least 48 hours after the operation and to ensure that your neck feels comfortable enough to move freely before driving. It is recommended to check with your insurance company before getting back behind the wheel. Showering and bathing should be avoided until the paper stitches have fallen off, typically after two weeks. If you experience any pain or redness around the wound, it is important to seek medical attention immediately.

Returning to work will depend on the nature of your job. Most people take two weeks off work, but those with manual jobs may require more time off.

A close-up photograph of a hand holding a small, pink, bumpy model of a parathyroid gland. A yellow surgical instrument with a silver tip is positioned to touch the gland. The background is blurred, showing a person wearing glasses and a white lab coat.

**PARATHYROIDECTOMY**  
AN OPERATION TO REMOVE  
OVERACTIVE PARATHYROID  
GLANDS

## ENDOCRINE SURGERY CLINIC

Department of Surgery, Shalamar Hospital

📍 Shalimar Link Road, Lahore.

📘 Shalamar74

☎ +92 (42) 111-205-205 Ext: 325

🌐 [www.shalamarhospital.org.pk](http://www.shalamarhospital.org.pk)

## Information for patients with Chronic Kidney Disease (CKD)

You have been given this leaflet because you have been told you need a parathyroidectomy. A parathyroidectomy is an operation to remove some or all of the parathyroid glands. This leaflet tells you what happens before and after the operation. If you have any questions after reading this leaflet please speak to your kidney or surgical team.

### WHAT ARE THE PARATHYROID GLANDS AND WHAT IS THEIR FUNCTION?

The parathyroid glands are four small glands located behind the thyroid gland in the neck. They produce a hormone called parathyroid hormone (PTH) in response to unbalanced calcium and phosphate levels in the blood. PTH helps control calcium levels in the blood. Besides medication and diet, the parathyroid glands play a significant role in treating imbalanced calcium and phosphate levels.

### WHAT IS HYPERPARATHYROIDISM AND WHAT ARE ITS SYMPTOMS?

Hyperparathyroidism is a medical condition in which the parathyroid glands continuously release high levels of PTH, which medication and diet can no longer treat. The symptoms of hyperparathyroidism may include aching bones and joints, especially in the legs and back, muscle tenderness or weakness, increased risk of bone fracture or tendonitis, and anemia that does not improve with medication.

### WHAT HAPPENS WHEN A PERSON IS REFERRED FOR A PARATHYROIDECTOMY?

When a person is referred for a parathyroidectomy, they will have an appointment with a surgeon who will review their medical history and discuss the operation with them. The person will need to undergo three scans to help locate the enlarged parathyroid glands and determine how many of them need to be removed. These scans include an ultrasound, sestamibi, and MRI

scan. Before the operation, the person will also need to have a pre-operative assessment to ensure that they are fit for the surgery.

### WHAT MEDICATIONS ARE NEEDED BEFORE THE OPERATION, AND WHAT ARE THE RISKS AND SIDE EFFECTS OF THE SURGERY?

Before the operation, a person may need to start or increase the dose of a medication called Alfacalcidol or Calcitriol (vitamin D supplement). They may also be asked to reduce their Cinacalcet dose. The risks and side effects of a parathyroidectomy include damage to the nerves that supply the voice box, temporary hoarseness, a drop in calcium levels, bleeding, infection, scarring, failure to cure hyperparathyroidism, and the need for long-term calcium and vitamin D supplements. The surgeon will discuss these risks and side effects in more detail before the operation.

### WHAT HAPPENS DURING A PARATHYROIDECTOMY?

During a parathyroidectomy, a small incision is made at the base of the front of the person's neck, and the abnormal parathyroid glands are removed. The length of the incision depends on how many glands need to be removed. The person is under general anesthesia during the procedure, and a nurse will check their blood pressure before the surgery. After the operation, the person may experience some side effects, including temporary hoarseness and a drop in calcium levels.

After the operation, you will be taken to a recovery area where you will be monitored until you wake up from the anesthesia. You may feel groggy or have a sore throat, which is normal. You may also have some pain or discomfort around the incision site, which can be managed with pain medication.

Once you are awake and stable, you will be moved to a ward where you will continue to be monitored. You may need to stay in the hospital for one to two days, depending on your individual recovery process. During your recovery, you will be encouraged to move around and take deep breaths to prevent complications such