MINIMALLY INVASIVE RADIOGUIDED PARATHYROIDECTOMY 
(MIRP) POSTOPERATIVE INSTRUCTIONS

CARE OF THE INCISION
*Your incision will be covered with gauze dressing and sealed with tegaderm (like sticky saran
wrap.) The dressing can be removed after 48 hours. Under the dressing you will find several thin
paper tapes (steri-strips) covering the incision. The steri-strips should be left in place. The
stitches are beneath the skin and will dissolve. You may shower after the dressing is removed if
you do not have a drain.

or

*Topical Skin Adhesive may be used over your incision instead of the paper steri-strips. It is a
sterile liquid skin adhesive that holds the wound edges together. The film will usually remain in
place for 5 – 10 days then naturally fall off your skin. Do not scratch, rub, or pick at the
adhesive skin film. This may loosen the film before your wound is healed. If you are required to
place a dressing over the incision, do not place tape over the skin adhesive since this may remove
the skin adhesive.

Do not scrub the incisions. Just let the water run over them and then gently pat the areas dry.
Do not submerge the incisions for 1 week (no baths, hot tubs, or swimming pools) or as directed
by your physician.

COMFORT MEASURES – You may feel tired and have some discomfort for a few days to a
few weeks. The area around the neck incision may be bruised, swollen and sore. Use an ice
pack or bag of frozen peas on the incision 20 minutes every hour for the first 3 days to minimize
swelling. Try to keep your head slightly elevated when sleeping to prevent swelling. Use 1 or 2
pillows when sleeping.

PAIN CONTROL - You will receive a prescription for narcotic pain medication to use
following your surgery. Ibuprofen (Motrin, Advil) taken three times a day with food can help
the prescription pain medication work more effectively. You may taper the pain medication as
necessary. Ibuprofen or Tylenol may eventually be sufficient to control any discomfort.

FOLLOW-UP OFFICE VISIT – You need to be seen in the office approximately two to three
weeks after your surgery. The date and time of this appointment will be included in the surgical
paperwork that is mailed to you.

PATHOLOGY RESULTS – Information about your pathology will usually be available five to
seven business days after your operation. You will be called at home with the results, usually in
the evening.
SUPPLEMENTAL MEDICATION –
Calcium Supplement - You may be asked to take a calcium supplement following your surgery. Please take 2 calcium tablets (Tums or Os-cal+D) 4 times daily. If you experience tingling in your lips, hands or feet take an additional 2 tablets of calcium and contact the office.

ACTIVITY/RETURN TO WORK - Limit your activities after surgery to what is comfortable for you. Don’t do any heavy lifting or exercise for two weeks. Refrain from any activity that causes pain. Do not wear clothing that is tight or restrictive around the neck. You may turn your head. Holding yourself stiff at the shoulders and neck may actually increase your discomfort. After approximately a week, begin to stretch your neck in all directions. Most patients are able to return to work 1 to 2 weeks after surgery.

DRIVING – You may drive when you are not using any prescription pain medication and when you can turn your head to each side. Start with short trips first.

WHEN TO CALL THE OFFICE – Please contact the office if you experience tingling or numbness in the lips, hands or feet, difficulty breathing, or difficulty swallowing. Do not hesitate to call the office if you develop a fever (temperature greater than 101), shaking chills, bleeding or drainage from your incision, increased swelling around your incision, redness around your incision, persistent or increased pain, or with any other problem that concerns you.

DIET - Following surgery, eat a diet consisting of soft foods and drink plenty of liquids.

CONSTIPATION – All pain medication has the potential to cause constipation. Increasing your fiber (fruits, vegetables, bran, etc) and fluid intake will help to avoid this problem. If more than 24 hours have passed without having a bowel movement, you may use Milk of Magnesia as directed.