



Educational Resources in International Languages

甲状旁腺切除术 **Total Parathyroidectomy**

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患者信息：

你今年四十七岁，肾衰竭晚期，正在接受透析治疗，曾多次因高血钙症住院。你的高血钙症很顽固，医生建议最好的治疗方法是手术。

医生应说明：**手术信息：**

甲状旁腺是位于颈部甲状腺后面的小腺体，它会产生一种名为甲状旁腺激素的激素，这种激素在控制血液中的钙含量方面发挥着重要的作用。

血液中钙含量过高会损害身体中的其他器官，并引发各种症状。

该手术通常在全身麻醉下进行。医生会在您的脖子上开一个小的水平切口。异常腺体的位置一般在术前扫描或者特殊血液检查中就确定了，特殊血液检查会在睡眠中进行。然后医生会将颈部肌肉缝合，并用纤细的可降解缝线缝合皮肤上的伤口。

该手术伴有一定风险，一般风险有：

- 疼痛。
- 流血。
- 感染。
- 心肺损害，例如深静脉血栓形成，肺栓塞，基底肺不张，肺炎，心肌梗塞和中风。
- 全身麻醉风险。

具体风险有：

- 伤口血肿（皮下出血引起血栓），血栓可能会逐渐分解，或通过伤口渗漏，有时可能需要再次手术来控制出血。
- 喉返神经损伤，喉返神经靠近手术区域，可能会受到损伤，导致声音嘶哑和呼吸困难。
- 低钙，在接受甲状旁腺切除术后，余下的腺体需要几天才能正常工作。
- 甲状旁腺功能亢进治疗失败和复发，少于百分之五的患者会出现这种情况。有时手术过程中医生会找不到甲状旁腺，因此您可能需要进一步的检查和/或手术。
- 一些症状改善失败。

您还有其他疑问吗？

患者：术后恢复需要多久？

医生：手术后您也许会感到疲倦和虚弱，完全恢复可能需要几个星期。手术后的第一周间您可能会容易感到疲倦，白天的短暂休息通常会在出院后的前两到三周对此有所帮助。住院时间的长短因患者而异，取决于您从手术和麻醉中恢复的速度。

患者：什么时候我可以开始饮水和进食？

医生：大多数患者从麻醉苏醒后就可以饮水，不久之后就可以进食了。

患者：什么时候我可以开始驾驶车辆？

医生：我建议您在确定自己能做出完整的紧急停车动作不要尝试驾驶，在身体不适宜的情况下驾驶可能使保险无效。

患者：什么时候我可以开始工作？

医生：这取决于您自己的感受和您的工作种类，只要您感觉无碍，就可以开始工作。

患者：我该如何照料术后伤口？

医生：您会带着敷料出院，但手术后的第五天，您就可以把敷料拆除了。在开始的几天里您最好选择淋浴。伤口一般会用可吸收缝合线缝合，任何别针或非可降解缝线会在大约五日后拆除。一到两周内伤处很有可能红肿不适，青紫和肿胀都是正常的。

医生：关于该手术您还有什么想了解的吗？

患者：没有了。

医生：您愿意进行这项手术吗？愿意的话，麻烦您在此处签名。

十分感谢。



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