

Post Operative Instructions - Low Calcium

Low calcium (hypocalcaemia) after surgery presents with

- tingling and numbness of fingers and toes
- tingling and numbness around the mouth
- muscle cramps

Hypocalcaemia is treated with calcium replacement tablets. If you develop tingling in the fingertips, toes, or lips, your calcium maybe low.

Standard Post-operative Calcium Management

- Caltrate (600 mg) 2 tablets twice daily
- Calcitriol (0.25 mcg) 1 tablet twice daily

2 week course is supplied

Do not continue longer unless advised by surgical team

Note that this dose may differ based on your risk of developing low calcium levels – the surgical team will advise you

What to do if you develop symptoms

- Firstly, go to a Pathwest and have your blood tests done with the forms provided to you
- Then, take two Voost Calcium tablets in water after the bloods tests are completed and if the symptoms persist
 - Take two Voost tablet every hour thereafter until the symptoms resolve
 - Symptoms should improve within 1-2 hours.
 - Continue taking your caltrate and calcitriol tablets as prescribed
- **If symptoms do not resolve after 3-4 hours -**
 - **During hours (0800-1600 hrs Mon-Thu)**
 - Call my Wexford rooms on 9310 7878 for advise
 - If my Wexford rooms are uncontactable, present to Emergency Dept or your GP
 - **After hours (1600-0800 Mon-Fri or Weekend)**
 - Present to Emergency Dept or GP