

# HALTON UROLOGY

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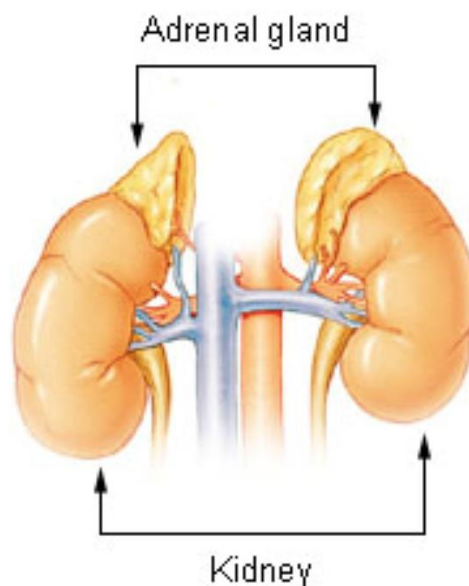
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## Discharge Instructions for a Laparoscopic Adrenalectomy

A laparoscopic adrenalectomy provides patients with a safe and effective way to remove a diseased or cancerous adrenal gland. There are benign as well as malignant forms of adrenal tumors. Many of the benign adrenal tumors secrete hormones such as cortisol, aldosterone, epinephrine, norepinephrine and can result in high blood pressure, facial flushing, weight gain, headaches, palpitations as well as other symptoms. Adrenal cancer, although rare, can grow to a large size. Most benign and malignant adrenal tumors can be removed laparoscopically.

A laparoscopic adrenalectomy is a minimally invasive technique, which provides patients with less discomfort and equivalent results when compared to the larger incision required with traditional open surgery. When compared to conventional open surgery, laparoscopic adrenalectomy has resulted in significantly less post-operative pain, a shorter hospital stay, earlier return to work and daily activities, a more favorable cosmetic result and outcomes identical to that of open surgery.



**Activity:** Taking walks are advised. Prolonged sitting or lying in bed should be avoided. Climbing stairs is possible but should be taken slowly. Avoid heavy lifting (greater than 20 pounds) or exercising (jogging, swimming, treadmill, biking) for six weeks or until I have instructed that you can resume these activities. Most patients return to full activity at home on an average of 3 weeks after surgery. You can expect to return to work in approximately 4 weeks.

**Bathing/showering:** Please shower daily. Take all bandages off before showering. Baths should be avoided. The wound should heal satisfactorily with the staples serving to hold the skin edges together and they will be removed 7-10 days after your surgery unless otherwise indicated. Many patients develop some drainage from the wound once they go home; this is normal. Keep the wound clean daily with soap and water to minimize the risk of a wound infection.

**Bowel Movements and Constipation:** If you become constipated, there are alternatives to consider. Increase the fiber in your diet. Drink prune juice or orange juice. You can take an over the counter laxative of your choice. Colace will be prescribed when you are discharged. Drink 6-8 glasses of water per day.

**Diet:** A well balanced diet is encouraged to promote healing and good bowel function. Return to your normal fluid intake. You may consider a no added salt diet and avoid high protein diets as both can cause potential damage to your remaining kidney. It is best to discuss methods and guidelines to protect your remaining kidney with your primary care physician after fully recovering from surgery.

**Driving:** Driving should be avoided for at least 2-3 weeks after surgery or until you are not taking pain medications or are pain free. Take breaks every couple hours if you are on extended trips. Get out of your car and walk around a bit.

**Pathology Results:** The pathology results from your surgery are usually available approximately 2 weeks following surgery. These results will be discussed with you in person at a scheduled follow-up appointment.

**Post-operative Pain:** You can expect to have some incisional discomfort that may require pain medication for a few days after discharge, and then Tylenol should be sufficient to control your pain. You will be given a prescription for both pain medication and stool softeners. If you do become constipation after the surgery, this may exacerbate the post-operative pain beyond what is normally expected.

**Follow-up Appointment:** My office will contact you with a follow-up appointment time and date. This appointment will usually be 7-10 days after the date of surgery to remove your staples. You will then have a subsequent appointment approximately 1 week thereafter to review the pathology results.

**When to Seek Medical Attention:**

- Chest pain or shortness of breath
- Leg swelling/calf pain
- Chills or fever over 38 degrees C (101 degrees F)
- Severe pain that is not relieved by pain medication
- Your incision becomes red or swollen
- There is drainage from your incision
- There is an opening in your incision

**For Urgent or Emergent situations, please call my office at 905-875-3920 during office hours (9:00am-5:00pm) or outside these hours, please go to your nearest Emergency Department.**

*\*Updated January 2019*