

Post Operative Info - Adrenal Surgery

Posterior Laparoscopic Adrenalectomy - Post surgery Instructions

Care of your wound

- Your wound will be covered with a waterproof dressing. This will still intact until your post-surgery appointment.
- You may notice some dry blood under the dressing. This is very normal and is actually helping your wound heal.
- You do not need to do anything special to your wound whilst the dressings are in place. After the dressings are removed Dr. Green will advise you of various treatments to decrease scarring.

Stitches

- Your wound has been closed entirely with dissolving sutures. These will take several weeks to completely dissolve. You will not need to have any stitches removed after your surgery.

Signs of Infections

- Bad Infection is a rare complication after an adrenalectomy. However, it is possible for a small infection to occur that can be easily treated with antibiotics.
- It is normal for the wounds to look red. However if the redness is increasing past your dressings you may have an early infection.
- If you are concerned notify Dr. Green or contact your GP who may commence you on a course of tablet antibiotics.

Pain Relief

- On discharge from hospital pain is usually not very severe and can be managed with simple analgesia (paracetamol) and anti-inflammatory (Nurofen). Some people do require some stronger pain relief and this will be required if necessary prior to your discharge.
- Avoid constipation whilst taking the pain relief. You should see your Pharmacist for some coloxyl and senna or Movichol whilst taking the pain relief.

Showering

- Your dressings are waterproof and it is perfectly safe for you to have a shower after your surgery. When you have finished your shower just pat your wound dry.

Return to work

- You will need to have some time off work after your surgery.
- Dr. Green will happily provide a medical certificate for these times if you wish.

Driving

- You will not be able to drive immediately after your operation for a 2-week period.
- Only once you are pain free and can sit and turn comfortably are you able to return to driving

Energy levels and resuming normal activities

- It is normal to not have full energy levels after the operation.
- You should be able to perform usual light duties within 1 week of the surgery. Although it is quite normal to not regain full levels of energy for several weeks after an anesthetic.
- Regular light exercise (walking, riding etc..) is encouraged after your surgery. A basic rule is 'if it hurts its to strenuous and you should stop'
- Regular exercise is important and is strongly encouraged.

Diet

- You will be able to eat and drink almost immediately after your operation.
- It is not unusual for your appetite to be reduced after the surgery, particularly while taking pain relief.
- A normal healthy diet is recommended

What to look out for?

- If you develop severe pain that is not controlled with simple tablet pain relief or develop high temperatures you should seek medical attention.
- If you have any problems or concerns prior to your follow up appointment please contact Dr. Green via the rooms or see you local doctor.
- If you are concerned after hours please present to the emergency department for a review.

Follow Up

- Dr. Green will normally see you in the Rooms 1 week after your operation. Please call 32263800 to confirm an appointment.