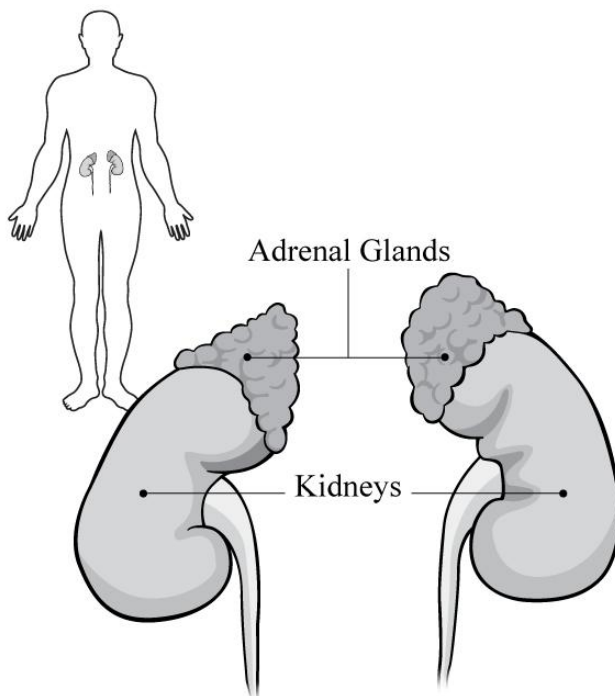


After your Adrenalectomy



UHN

How to Care for Yourself After You Go Home



Adrenalectomy is the surgical removal of one or both of the adrenal glands

Your doctor has removed either one or both of your adrenal glands by open surgery or laparoscopic surgery.

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After Your Surgery



What to eat after your surgery - You can eat what you normally would after your surgery.

Adrenal Crisis

Call you doctor if you have:

- falling blood pressure
- weak, thready pulses
- profound weakness
- low blood sugar
- low temperature to your doctor



Exercises after surgery

- You can drive 1 week after surgery. Do not drive if you are taking pain medication.
- Each day after your surgery we will help you to walk around the unit. Keep walking when you go home. You can walk up and down stairs. Walking helps your blood circulation, bowels and breathing get back to normal.
- Have family members and friends help you while you are in the hospital and also when you get home.
- You will feel some discomfort when you cough or sneeze. Holding a pillow against your stomach will help.
- Do not lift heavy things.
- You can have sex again when you feel better.



Showering

- You may shower 48 hours after your surgery. Be sure to use a mild soap to clean your incisions (cuts). Rinse well and pat your incisions dry after showering. You may have a tub bath after 1 week.



Wound care

- A dressing with steri-strip will be placed over your incision. The nurse will change your dressing before you go home. Keep the incision clean and dry. The steri-strip will fall off in about 5-7 days. If they do not fall off you should remove them.
- Do not come in contact with people who have infections since you are at a high risk of getting infections.
- Check your incisions everyday for signs of infection such as:
 - redness
 - swelling
 - drainage of pus
- Your doctor will remove your staples or sutures during your follow-up appointment or your family doctor will remove them.



Medications

Pain

- It is important to be as comfortable as possible after your surgery. Your doctor will give you a prescription for pain medication before you go home. Take this medication before the pain gets bad.
- Eat fruits and vegetables while taking this medication to keep your bowel movements soft.

Stool softener

- You may take a mild laxative such as milk of magnesia or a stool softener if you do not have a bowel movement within 3 days of your surgery.
- Do not drink alcohol or drive while taking these medications because they may make you sleepy.

Other medications

- Your doctor may change the doses of your steroids after your adrenal surgery. You may also need to check your blood pressure more closely and change your blood pressure medication. Speak with your doctor if you have any questions.



Returning to work

- You may be able to return to work or do your normal activities again after a couple of weeks.

Call your doctor or go to the nearest emergency room if any of the following happens:

- Redness, swelling, bleeding and/or drainage of pus from the incision site
- Pain that does not go away when you take your medication.
- You have a fever greater than 38°C or 100°F and you are having chills.
- Nausea and vomiting that does not go away
- Pain in the legs or calf area



Follow-up visit after surgery

Before you go home, we will give you a follow-up appointment with your surgeon. Please bring your hospital blue card and health card with you.

Call your doctor's office to make an appointment if one is not made for you.

Doctor: _____

Phone: _____

Date: _____