



Endocrine Surgery

Postoperative Discharge Instructions for Adrenalectomy

Activity

- Most patients are able to return to a full-time work schedule in 1-2 weeks for a laparoscopic procedure and 2-4 weeks for an open procedure; however this may vary according to your job. It may take longer to return to heavy physical or other demanding work, or shorter if you are feeling well
- Do not drive while you are taking pain medicines or if you are unable to perform normal daily activities
- Avoid heavy-lifting (no more than 5 lbs) for six weeks

Diet

- You may return to your usual diet

Incision Care

- Please leave the Steri-strips in place on your incision and allow them to fall off on their own. If they have not fallen off in 10-14 days, you may remove them yourself
- You may shower 48 hours after surgery but please do not swim or soak in a tub for at least 2 weeks. After you are done showering, just pat your incisions dry. If it is draining clear fluid, you can cover it with a dry dressing (such as gauze). Do not scrub with soap or washcloth for the first 10 days

Medications

- Please resume your pre-hospital medications. If you were taking medicines for high blood pressure, some of these might have been adjusted, so please make sure to follow up with your primary care physician, kidney doctor or endocrinologist about any changes. You should follow-up with your primary care physician regarding new prescriptions and refills
- We will supply you with a prescription for a mild narcotic pain medication. You are not required to take it. If you do take it, please do not drive or drink alcohol as these in combination may make you drowsy. Alternatively, you may take Tylenol (acetaminophen) or ibuprofen (e.g. Advil) as needed
- If you are taking narcotics, you may also want to take a stool softener, such as over-the-counter Colace or Senna, to avoid constipation. Stay hydrated by drinking some extra water

When to Call a Doctor

- For any non-urgent questions, call your doctor's office or the nursing unit where you were a patient
- Call your doctor or go to the Emergency Room if you have fever (temperature greater than 100.5), chills, lightheadedness, shortness of breath, difficulty breathing, nausea, vomiting, if you notice signs of wound infection (redness, tenderness, or drainage from the incision), or if you have any other urgent concerns

Follow-up Care

Please call your doctor to schedule a follow-up appointment if you have not already done so to set one up for approximately 2-4 weeks after surgery.

- Dr. Richard Hodin's office: (617) 724-2570
- Dr. Randall Gaz' office: (617) 726-3510
- Dr. Sareh Parangi's office: (617) 643-4806
- Dr. Roy Phitayakorn: (617) 643-7935

15 Parkman Street, WACC 460
Boston MA 02114

- Dr. Carrie Lubitz' office: (617) 643-9472
- Dr. Gregory Randolph's office: (617) 573-4115
- Dr. Antonia Stephen's office: (617) 726-0531

Yawkey Center for Outpatient Care
55 Fruit St, 7B
Boston MA 02114