



## **ADRENALECTOMY POST-OPERATIVE INSTRUCTIONS**

### **What to Expect**

- Your incision will be tender and you will have some degree of pain for 3-4 weeks.
- You will experience fatigue and weakness for a few weeks.
- You will need follow-up by your physician to monitor your progress.

### **Activity**

- Limit your activity to short walks, gradually increasing pace and distance as tolerated.
- Avoid strenuous exercise and heavy lifting (more than 10-15 lbs.) for 6 weeks.
- Do not drive for 2 weeks.
- Do not take long rides for 3 to 4 weeks.
- Shower as desired, but no tub bath for 1 week.

### **Wound Care**

- Keep incision clean and dry.
- When you shower, allow soap and water to run over incision.
- Steri strips should be left in place 7 to 14 days.

### **Diet and Elimination**

- Drink 8 to 10 glasses of fluids a day to maintain good hydration and avoid constipation.
- You may resume a regular diet, but you will likely have a poor appetite for 2-4 weeks. If so, eat frequent, small meals.

### **Call our office if:**

- Fever over 102 F
- Increasing pain, swelling, drainage, or redness of your incision.
- Any adverse reactions from medications (hives, rash, itching, nausea, vomiting, diarrhea)
- Any concerns.