

Center for Endocrine Tumors and Disorders

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POST - ADRENALECTOMY INSTRUCTIONS

- OPERATION:** ADRENALECTOMY
- WOUND:** You will have glue on your small wounds. The glue will come off in about 3 weeks. No bandage needed.
- DIET:** As desired unless otherwise directed by your physician.
- MEDICATION:** Resume previous medications, if any.
If you had surgery for Cushing's, please follow the steroid taper as directed by your physician.
If you had surgery for hyperaldosteronism, you may not need some of your anti-hypertensives after surgery – please ask your physician.
If you had surgery for pheochromocytoma, your alpha-blocker will likely be discontinued after surgery.
- PAIN:** Alternating 2 Tylenol caps every 4-6 hours and Ibuprofen every 6-8 hours as needed, or as prescribed. You may also be given narcotics if needed for a few days.
- ACTIVITY/MOVEMENT:** Resume activities as you are comfortable. No swimming/surfing for 2 weeks
- BATHING:** Taking a shower, washing hair with shampoo and water is OK after 24 hours of surgery.
- FOR PHYSICIAN HELP/
OR OTHER QUESTIONS:** Contact Dr. Melanie Goldfarb at 310-829-8751 during office hours. On evenings and weekends ask for Dr Goldfarb or the surgical oncology fellow.