

DISCHARGE INSTRUCTIONS

Center For Urology
2615 Culver Road, Suite 100
Rochester, N.Y. 14609
(585) 336-5320

SURGICAL PROCEDURE: Laparoscopic Adrenalectomy

INSTRUCTIONS:

- 1) No strenuous activity for 2 weeks
ie. = no exercise, heavy lifting, shoveling, or sports.**
- 2) You may shower, but no swimming or tub baths for 2wks. When washing do not rub vigorously over the area where the incision is located.**
- 3) Continue to take your routine medication unless your doctor has advised you differently. Some of your blood pressure medications may be discontinued.**
- 4) Take your pain medication as needed, but realize that this medication can cause constipation and it may be advisable to take a laxative. This medication can also effect your reflexes and judgment.**
- 5) You may take aspirin or aspirin type products. If you were taking Aspirin, Plavix or Coumadin prior to surgery, ask your doctor when to re-start these medications**
- 6) Avoid driving a car for the first week.**
- 7) Call your urologist for an appointment. He will want to see you in about 1 week.**

Call your Nephrologist or Medicine Doctor for an appointment within the next week because you will probably need your blood pressure medications adjusted.

CALL YOUR DOCTOR:

If you develop fever or chills

If you develop bleeding from the incision or if the incision opens up.

If you notice increasing redness around the incision.

If the incision becomes increasingly more painful.

If you develop dizziness or fatigue or weakness.