

Patient information sheet on laparoscopic Adrenalectomy

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Introduction

The traditional way of removing an adrenal gland involves at least a 12 inch cut below the ribcage, which usually results in a stay in hospital for 7-10 days and prevents a return to full activities for 6-12 weeks.

Laparoscopic adrenalectomy

The medical literature contains over 600 cases of laparoscopic adrenalectomy and suggests that it is just as effective as open surgery but avoids the painful incision.

The operation is performed through 4 x 5-12 mm cuts near the rib cage. If it is difficult to perform the operation well using this approach it will be completed using a conventional incision. The likelihood of this is approximately 5-10%.

After the operation

You should expect some discomfort but this should be easily controlled using the pain-killers you will be prescribed. Most patients leave hospital between 2-4 days after the operation. Be sensible when you are at home - you will have had a major operation so you should not undertake strenuous physical exercise, even if you feel like it, until at least 3 weeks. You may drive as soon as you think you could brake hard and swerve quickly to avoid an accident (typically 2 weeks).

Follow-up

Your follow-up will depend on the reason for the adrenalectomy and will be discussed with you before discharge.

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