

Going Home After Your Laparoscopic Adrenal or Renal Surgery

You are ready to go home. Here are some tips to help you recover after surgery.



Bathing

You can shower 48 hours after your drains are out. If you do not have a drain, you can shower the day after you go home. By then, your incision and drain sites usually do not need bandages. Do not take tub baths until 3 weeks after surgery.

Sitting

Do not sit with your feet on the floor for long periods of time. Sit with your feet up. Get up often and walk. Moving around keeps blood flowing and helps prevent blood clots.

Diet

You may go back to your normal diet when you go home.

Going Back To Work

You should not plan to go back to work for 2 to 3 weeks after surgery. This will depend on the kind of work you do and how fast you heal. Your surgeon can talk to you about going back to work.

Lifting

Do not lift anything that weighs more than 10 pounds for 4 weeks. This lets your incision heal. Daily exercise (walking or climbing stairs) will help you feel better faster.

Travel

Do not drive until

- 1 to 2 weeks after surgery.
- you are not taking prescription pain medicine.

If you ride in a car or fly, keep your legs up during the trip. Walk around every hour to prevent blood clots.



If You Have A Drain

During surgery, your surgeon may put a small drain in your abdomen, close to your incision. This drain is a soft tube leading to a small, flexible bulb. This drain is called a Jackson-Pratt or J-P drain. This helps drain the fluid around your surgical site.

Often, the drain is taken out 1 to 2 days after your surgery, but it may be left in longer. You may go home with your J-P drain still in place. If so, the nurse will teach you how to care for it before you leave. Your doctor will take it out when it is time.

When To Call Your Doctor

Call your doctor if you have:

- Temperature above 101° F
- Swelling in your feet or ankles
- Tenderness in your calf
- Redness around your incision
- A bad smell from your incision
- Increasing abdominal pain

Call:

Indiana University Hospital Urology Clinic:
(317) 274-7545

Methodist Hospital:
Call your surgeon

Nights, Evenings, Weekends and Holidays:

Indiana University Hospital Surgeons:
(317) 274-5000

Ask for the urology resident on call.

Methodist Hospital Surgeons:
(317) 962-5500

Ask for the urology resident on call.

Bowel Function

It is important to avoid constipation. When you go home, you will get a prescription for a stool softener. It is a good idea to take this as long as you are taking pain pills. You may also take Metamucil® or Milk of Magnesia® which are stool softeners you can buy without a prescription.

