



PERTH ENDOCRINE SURGERY

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Thyroid | Parathyroid | Adrenal | Hernia | Gallbladder

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POST ADRENALECTOMY INFORMATION SHEET

WOUND CARE

What do I do with the dressings?

You will have a tegaderm (island waterproof dressing) and steri-strips (sticky white band-aids) covering your wound. The tegaderm can be removed after 5 days. The steri-strips will slowly lose their stickiness over a period of time. You can allow the steri-strips to fall off after this time or if they remain in place they can be removed after 14 days from your surgery.

When can I get the wound wet?

You can shower immediately after the surgery, make sure to dry the wound well gently with a towel. It is advisable to avoid the wound becoming excessively wet and to avoid activities such as swimming or taking a bath for the first week after surgery.

What happens with the sutures?

Your sutures are completely dissolvable and hidden and do not need to be removed by a doctor or nurse. It is common to have a firm palpable lump under the scar which is the suture material that will eventually go away.

What should I expect?

It is common to feel bloated and have some 'gas' pain which is typically in the shoulders. This will disappear after 48 hours. It is also common to become constipated due to the surgery and medication given during your surgery. Drink plenty of fluids, eat food with fibre. And commence Movicol (two sachets twice a day) if required.

EXERCISE AND DRIVING

When can I drive?

It is safe to drive post operatively when a patient can turn their body comfortably such that they can see things around them on the road and are not requiring sedating pain medication such as tramadol, panadeine forte etc. This is commonly after two to three days post operatively.

When can I start exercising?

It is best to avoid any strenuous activity for two weeks after your surgery. This includes heavy straining, lifting and the gym. Light exercise such as walking is very safe. After two weeks you can return to light cardio activities such as jogging and cycling on a stationary bike. After 4 weeks you may return to full activities.



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When can I return to work?

You will be given a medical clearance for two weeks after your surgery. If your work is not labour intensive involving heavy lifting and straining, you may return to work sooner than this if you wish to do so.