



Laparoscopic Partial or Total Adrenalectomy

Surgery

- Laparoscopic partial or total adrenalectomy involves removing all or part of the adrenal gland using tools that are inserted into the abdomen using several small cuts. In some cases, a robot may be used to help move the tools on the inside of the body.
- It is done under general anesthesia, meaning that you will be asleep and a tube will be placed in your throat to breathe for you.
- The procedure itself usually takes 2-4 hours, but the preparation beforehand, going to sleep, and waking up means that the whole process usually takes significantly longer.

Recovery

- Hospital stay
 - Most patients stay one night in the hospital after this procedure, although management of hormonally-active tumors may require longer stays
 - A catheter is almost always placed in your bladder during the procedure. It is usually left in place overnight and removed on the first day after surgery
- Pain
 - You should expect to have pain in your abdomen where the cuts are made for at least two weeks after the procedure
 - This pain is generally mild and easily controlled with acetaminophen (Tylenol™) and “NSAID” medications like ibuprofen
 - Most patients do not require any opioid pain medication
 - It is common to have a sore throat and/or hoarseness for a day or two because of the breathing tube placed during surgery.
- Activity
 - You should avoid heavy lifting for several weeks after your procedures while your incisions heal
 - You should expect to feel more fatigued for at least a week or two after surgery.
 - If you are currently employed, you should plan to take some time off while you heal.
 - You should otherwise expect to be able to go about your daily activities, including housework, walking (including up and down stairs), and light exercise immediately after going home from the hospital.
- Hormones
 - If your adrenal gland is being removed because it is secreting hormones, additional specialized testing, monitoring, or treatment may be required



Risks

Risks of this procedure include but are not necessarily limited to

- Pain
- Bleeding
- Infection
- Injury to organs near the adrenal gland, including the bowels, kidney, liver/bile ducts (right side) or spleen (left side)
- If planning for a partial removal of the adrenal gland, removal of the whole adrenal gland may still be necessary
- Non-resolution of symptoms
- Recurrence of disease
- Hernia, or other issues with poor healing of the incisions
- Blood clots
- Heart attack
- Need for further surgery
- Death

The chances of having any unexpected problems with this procedure are generally very small.

More Information

We want you to feel fully informed about your care and understand that that usually means doing a little of your own research. Some reliable resources for learning more can be found at <https://www.adrenalmass.org/external-links>