

ROBOTIC ADRENALECTOMY

WHO IS SUITABLE FOR ROBOTIC-ASSISTED ADRENALECTOMY?

Robotic-assisted adrenalectomy may be an option for patients with:

- A benign adrenal tumour which is producing abnormal levels of hormones
- A cancerous adrenal tumour

WHAT ARE THE ADVANTAGES OF ROBOTIC-ASSISTED ADRENALECTOMY?.

Robotic-assisted adrenalectomy offers both the surgeon and the patient various benefits when compared to conventional laparoscopic or open surgery. The entire operation can be performed with a minimally invasive approach without the need to make a large incision.

The potential benefits of robotic surgery include:

Smaller incisions

Less blood loss

A shorter hospital stay and faster recovery time

Greatly enhanced, high definition 3D vision inside the body

Small and precise instruments that allow a greater range of movements than the human hand

HOW IS A ROBOTIC-ASSISTED ADRENALECTOMY PERFORMED?



The patient is placed under general anaesthetic for the duration of the procedure, which lasts around 3 hours

Between 3-5 small keyhole incisions are made in the abdomen, through which the surgical instruments and camera are inserted

Carbon dioxide is used to inflate the patient's abdomen, creating space required for the surgeon to view and access the affected adrenal gland

The affected adrenal gland is located and carefully dissected free from the kidney and other surrounding structures

Special care is taken to avoid damaging the kidney or major blood vessels nearby

The adrenal gland is removed through a small incision

Carbon dioxide is released and the robotic instruments are removed

Incisions are sealed carefully, to reduce the chance of hernia or scarring

WHAT TO EXPECT AFTER A ROBOTIC-ASSISTED ADRENALECTOMY?



You will remain in hospital for 2-3 nights following your procedure

A specialist medical physician or endocrinologist may be involved in your care

There will be some mild pain or discomfort which can be managed with medication

You will be encouraged to sit out of bed and walk around, as well as perform deep-breathing exercises to minimize the chance of pneumonia or blood clots in the legs or lungs (DVT/PE)

Uncommon complications include:

- Damage to major blood vessels or other organs during surgery

- Incisional hernia (usually where there are

problems with wound healing)

PROCEDURE OUTCOMES



Most patients are able to return to their normal activities within 2-3 weeks following a robotic-assisted adrenalectomy. Strenuous activities and heavy lifting should be avoided for 6 weeks following surgery to minimize the chance of bleeding or hernia.

The body can function completely normally with a single adrenal gland after one is removed.