

CONN'S ADENOMA BEFORE SURGERY DIET PLAN

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

LOW-SODIUM DIET (VERY IMPORTANT)

Aldosterone already increases sodium retention.

So salt restriction is essential.

Limit salt to ~4–5 grams/day (or as advised)

Avoid: Pickles, Papad, Namkeen, Chips, Processed foods, Restaurant food, Packaged soups/sauces

Use minimal salt while cooking.

INCREASE POTASSIUM-RICH FOODS

Low potassium is common.

Include daily: Banana, Coconut water (if BP stable), Orange, Papaya, Spinach (cooked), Lauki, Beans, Sweet potato

If kidney function impaired, potassium intake must be monitored.

BALANCED PROTEIN

Dal, Paneer (limited fat), Eggs, Chicken / fish (moderate), Curd

Avoid high-salt protein sources like processed meats.

CONTROL WEIGHT

Excess weight worsens BP.

Choose: Oats, Whole wheat roti (1–2), Brown rice (small portion), Vegetables half plate

Avoid refined sugar & fried food.

HYDRATION

2.5–3 liters water daily | Helps BP control & kidney protection.

STRICTLY AVOID

Excess salt, Processed food, Excess caffeine, Smoking, Alcohol (excess)

LIFESTYLE BEFORE SURGERY

Regular BP monitoring, Light walking daily, Stress reduction, Proper sleep (7–8 hrs), Follow potassium supplements if prescribed

AFTER SURGERY DIET PLAN

After adrenalectomy: Aldosterone levels normalize, BP may improve, Potassium stabilizes

FIRST FEW DAYS

Soft diet, Khichdi, Dalia, Soup, Rice + dal (*Small frequent meals.*)

SALT INTAKE AFTER SURGERY

Depends on BP:

- If BP normal → normal salt
- If BP low → moderate salt (doctor guided)

RECOVERY PHASE

High protein for healing, Balanced carbs, Continue fruits & vegetables, Monitor potassium levels

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LIFESTYLE AFTER SURGERY

Light walking after 1 week, Avoid heavy lifting for 4–6 weeks, Regular BP monitoring, Follow-up hormone tests, Gradual return to normal activity

SAMPLE ONE-DAY DIET (PRE-SURGERY PHASE)

Morning Breakfast Mid-morning Lunch Evening Dinner

Warm water Vegetable oats + boiled egg Banana 2 roti + dal + lauki sabzi + curd Coconut water Rice + chicken / paneer + vegetables

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