

ROBOTIC OR LAPAROSCOPIC KIDNEY SURGERY

POST-SURGERY INSTRUCTIONS

After your robotic or laparoscopic kidney surgery, your attention to proper post-operative care will contribute to the success of your procedure. Typically, patients are discharged from the hospital on the second post-operative day. At home, you should observe the following instructions during your initial recovery.

Pain Medications

- Try using Extra Strength Tylenol to manage pain. If this does not control your pain, fill the prescription for pain medication. Do not take NSAIDS like Ibuprofen, Motrin or Naprosyn.

Activities

- Walking – When you return home, continue walking. Gradually increase the amount of walking you do each day. Walking will help you build strength and prevent blood clots from forming in the legs.
- Resting – Take planned rest periods during the day. The best gauge of an appropriate activity level is your own body and how you feel.
- Bending – Avoid bending since this puts pressure on your abdomen and incision. If you must pick something up, bend with your knees, not your waist.
- Lifting – Do not lift anything greater than 10 lbs. Heavy lifting can increase abdominal pressure, which can put a strain on your incision and could create a small hernia.
- Strenuous Activities – Avoid any strenuous activities during your initial recovery.
- Stairs – You may walk up and down stairs as soon as you return home, but take them slowly. Plan activities so you do not have to make many trips up and down stairs during the first week you are home.
- Driving – Avoid driving for at least 4 weeks after surgery or until you are no longer taking pain medications or are pain free. For extended trips, take breaks every couple of hours.

Bowel Care

- Drink 6-8 glasses of water per day.
- A well balanced diet promotes healing and good bowel function.
- If you become constipated, increase the fiber in your diet. Drink prune juice or orange juice. • You may take an over-the-counter laxative or stool softener.

Bathing

- Gently wash your incision with soap and water. Rinse and pat dry.
- You may take a shower. Do not take a tub bath until the incision has healed completely.

Urgent and Emergent Situations

If you experience any of the following symptoms, contact me. If you call after hours, your message will be relayed to the urologist on duty who will respond promptly.

- Your incision becomes red or swollen
- The skin around your incision is warmer than elsewhere and is slightly red
- There is drainage from your incision
- There is an opening in your incision
- You are having difficulty passing urine or your urine output becomes less than it normally has been

- You have chills or a fever greater than 101° F
- You experience severe pain that is not relieved by pain medication