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POST NEPHRECTOMY SURGERY INSTRUCTION SHEET

DIET: When you return home you may return to your normal diet immediately. Because of the stress and anxiety, you might start with lighter foods (non-fried), but you really have no restrictions. To avoid constipation, drink plenty of fluids during the day (8-10 glasses).

WOUND: Your incision is sealed from outside bacteria within two days of surgery. Nonetheless, you should protect it from dirt and soiling for the first ten days or so. The incision will be tender for the first week and the edges should NOT be pulled apart. The steri-strips should be left on for at least 10-14 days, if possible. If a NEW area of redness or swelling occurs, please let us know.

ACTIVITY: Your physical activity is to be restricted, especially during the first two weeks after surgery. During this time use the following guidelines:

- a. No lifting heavy objects (anything greater than 10 lbs).
- b. No driving a car and limit long car rides.
- c. No strenuous exercise, limit stair climbing to a minimum. No severe straining during bowel movements-take a laxative if necessary.

BOWELS: It is important to keep your bowels regular during the postoperative period. Use a mild laxative if needed and call if you are having problems. Examples of laxatives include: Milk of Magnesia 2-3 tablespoons or 2 to 3 Dulcolax tablets.

MEDICATION: You should resume your Pre-surgery medications unless told not to. You may take Motrin or Tylenol for pain which do not contain narcotics and are usually tolerated better.

PROBLEMS YOU SHOULD REPORT TO US IMMEDIATELY:

- Fevers over 100.5 Fahrenheit.
- Increasing pain, swelling, or redness of the incision.
- Drug reactions (hives, rash, nausea, vomiting, diarrhea).

FOLLOW-UP: You will need a follow-up appointment to monitor your progress. If you weren't given one when we scheduled the surgery, please call for this appointment at the number above when you get home. Usually the first appointment will be about 7-14 days after your surgery.