

Urology Associates of Rochester, LLC

995 Senator Keating Blvd., Building E, Suite 330
Rochester, NY 14618

Pyeloplasty

Pyeloplasty is a surgical procedure to remove and repair scar tissue in the kidney that is interfering with urinary drainage.

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will spend an average of 2-5 days in the hospital.
2. If you are on IBUPROFEN or drugs for ARTHRITIS or INFLAMMATION, please discontinue 5 days to your procedure. If you are on ASPIRIN or ASPIRIN PRODUCTS, Please discontinue 2 weeks prior to your procedure. If you are on HERBAL SUPPLEMENTS, please discontinue 1 week prior to your procedure.
3. If you are on COUMADIN, please consult your primary care physician or cardiologist before discontinuing.
4. If you take antibiotics prior to dental work, have an orthopedic prosthesis, or were told by another physician to take antibiotics prior to surgery, please call the office.
5. If you take blood pressure, thyroid, or seizure medication, you may take it with a sip of water the morning of your surgery.
6. No eating or drinking after midnight the night before your surgery, except for blood pressure or other medications as mentioned above.
7. No alcohol for 24 hours prior to surgery.
8. We suggest that you wear comfortable clothing.
9. You will be receiving anesthesia for this surgery. You will see an anesthesiologist who will discuss this with you prior to your surgery.

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RECOVERING FROM SURGERY: WHAT TO EXPECT

1. You will be in the hospital for 2-5 days after surgery.
2. You will be given pain medication during your hospitalization to relieve your discomfort.
3. You may leave the hospital with a catheter (a tube that drains your bladder). If you do, your physician and the nursing staff at the hospital will give you additional information.
4. An internal stent (or a small plastic tube from the kidney to the bladder which will bridge the repair during surgery) will be inserted during surgery. The stent will be removed 4-6 weeks after your surgery.
5. You may leave the hospital with a drain (a tube placed into the incision and exiting through the skin to drain the area). If you go home with the drain in place, the physicians and nurses will instruct you on the care.

INSTRUCTIONS: POST PYELOPLASTY

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. It is okay to shower. Dry the area thoroughly. No bathing.
2. It is okay to climb stairs when discharged from the hospital.
3. Walking is good exercise; it improves circulation. Do not overdo it! Go easy at first and slowly increase the distance, as you feel better.
4. Avoid any heavy lifting or strenuous exercise for at least 4-6 weeks to allow the incision time to heal.

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DRIVING:

No driving until seen in the physician's office. Do not drive while on pain medication.

SEXUAL ACTIVITY:

No sexual activity until seen by the physician.

PAIN MEDICATION:

You have been given a prescription for pain medication to take at home when discharged from the hospital. As your activity increases you may experience increased soreness around the incision. This is normal.

ANTIBIOTICS:

You have been given a prescription for antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

INCISION SITE:

Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, cloudy (pus-like) drainage from the incision and/or develop fever and chills, please call the office.

STENTS:

You may have in place an internal stent (a small plastic tube located between the kidney and bladder) which will bridge the repair. This stent will be left in for 4-6-weeks.

You may experience some urgency (increased desire to urinate), burning, frequency, flank pain, abdominal pressure and blood in your urine. The blood in the urine may be constant or intermittent and may increase with activity. These symptoms are all normal. If you have increased pain, fever or chills please notify the doctor at 232-2980.

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DRAIN:

If you go home with a drain (a tube placed into the incision exiting through the skin to drain the area) the doctor will give you instructions.

FOLEY CATHETER:

The catheter is a tube in the urethra which drains your urine. If your doctor decides to leave it in, you will be given further instructions. It is normal to feel some pressure and discomfort from the catheter. You may also experience some leaking around the catheter. This is also normal. Always make sure that no tubes are kinked so that the urine can flow freely.

BOWELS:

One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements, or you may elect to use Metamucil or add fruits and vegetables to your diet. 30 cc of Milk of Magnesia is recommended if your stools are hard, or if you feel constipated.

FOLLOW-UP:

You will need to be seen for a follow-up appointment to have your staples removed.

Your appointment is scheduled for:

You may experience some pain on urination, some blood in your urine, and some frequency. This is all normal.

If you have any questions or concerns, please call us at **(585) 232-2980**.