

# Urology Associates of Rochester, LLC

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

## Radical Nephrectomy

Radical Nephrectomy is a surgical procedure that involves the removal of your kidney.

### **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 3 – 5 days in the hospital.
2. If you are on IBUPROFEN or drugs for ARTHRITIS or INFLAMMATION, please discontinue five days before the procedure. If you are on ASPIRIN or aspirin products, please discontinue two weeks before the procedure. If you are on HERBAL SUPPLEMENTS, please discontinue one week before the 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 medications as mentioned above.
7. No alcohol 24 hours prior to surgery.
8. We suggest 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.

### **INSTRUCTIONS: POST RADICAL NEPHRECTOMY**

#### **DIET:**

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

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### **ACTIVITY:**

1. Do not lift anything heavier than 10 lbs. for one month.
2. Avoid any heavy lifting or strenuous exercise for at least 6 weeks to give the incision time to heal.
3. It is okay to shower after discharge from the hospital. Dry the area thoroughly. No bathing.
4. It is okay to climb stairs when discharged from the hospital.
5. Walking is good exercise and it improves the circulation. Do not overdo it! Go easy at first and slowly increase the distance as you feel better.

### **DRIVING:**

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

### **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 soreness around the incision site. 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:**

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.

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### **BOWELS:**

One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements. 30 cc of Milk of Magnesia is recommended if your stools are hard.

### **FOLLOW-UP:**

You will need to be seen for a follow-up.

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