

# Nephrectomy

## postoperative instructions

### What is it?

Nephrectomy is the surgical removal of a kidney.

### After surgery, what should I expect?

A drain may be placed during surgery to remove excess fluid and should be removed before go home. You will also have a catheter for up to two days.

### Diet and activity after surgery

- Abdominal distention, constipation or bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Ducolax suppository.
- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you may return to a regular diet.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function to normal.
- In the days after surgery, do as much walking every day as your body will tolerate. Walk at least three times a day, gradually increasing your distance. Gradually add in stair climbing. Take it easy and plan rests throughout the day.
- Avoid bending at the waist to pick up an item and do not lift anything over 5 pounds.
- Do not perform any strenuous activities for six weeks.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking in water of any kind (bathtub, hot tub, lake, swimming pool, etc.) until the incision site is completely healed.

### If you experience any of the following, please contact our office:

- Your incision (or multiple incisions, if laparoscopic) becomes red, swollen or feverish.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.
- Leg swelling.

**Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.**

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