***Adult and Pediatric Urology***

**NEPHRECTOMY AND RENAL CRYOTHERAPY POST-OPERATIVE INSTRUCTIONS**

**What to Expect**

• Your incision will be tender and you will have some degree of pain for 3-4 weeks.

• You will experience fatigue and weakness for a few weeks.

• You will need follow-up by your physician to monitor your progress.

**Activity**

• Limit your activity to short walks, gradually increasing pace and distance as tolerated.

• Avoid strenuous exercise and heavy lifting (more than 10-15 lbs.) for 6 weeks.

• Do not drive for 2 weeks.

• Do not take long rides for 3 to 4 weeks.

• Shower as desired, but no tub bath for 1 week.

**Wound Care**

• Keep incision clean and dry.

• When you shower, allow soap and water to run over incision.

• Steri strips should be left in place 7 to 14 days.

**Diet and Elimination**

• Drink 8 to 10 glasses of fluids a day to maintain good hydration and avoid constipation.

• You may resume a regular diet, but you will likely have a poor appetite for 2-4 weeks. If so, eat frequent, small meals.

**Call our office if:**

• Fever over 102 F

• Increasing pain, swelling, drainage, or redness of your incision.

• Any adverse reactions from medications (hives, rash, itching, nausea, vomiting, diarrhea)

• Any concerns.