NEPHRECTOMY 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.