

Laparoscopic Nephrectomy Surgery

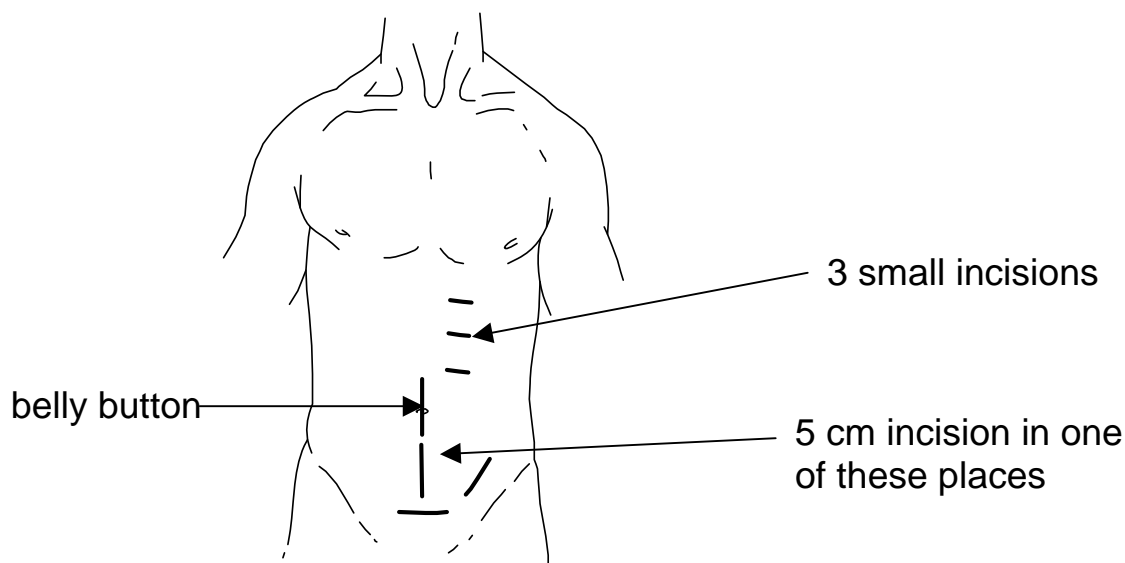
Laparoscopic nephrectomy is surgery to remove all or part of your kidney. The adrenal gland may also be removed at the same time. It is done by making 3 or more small incisions (cuts) in your abdomen. The kidney is taken out through a larger incision above your pubic bone or near the belly button.

Reasons for incisions:

- To put gas (CO₂) into your abdomen, so that your kidney can be seen. Then a small video camera is put into the incision.
- For other instruments that are used during surgery.

You are put to sleep with a general anesthetic. The surgery takes about 2 to 4 hours.

Plan to be in the hospital for about 1 to 4 days.



Your incisions may not be in exactly these spots.

After surgery

After surgery you will go to the Post Anesthetic Care Unit (PACU). You will stay in the PACU until the doctors and nurses feel you are ready to go to the ward. On the ward, the nurses will check your blood pressure, breathing, heart rate, incisions, pain and general recovery from surgery.

The nurses will check your IV often. It is taken out when you are drinking fluids without problems.

Catheter

After surgery, you may have a thin, plastic tube put in your bladder called a catheter. This drains urine into a drainage bag.

Activity

You will be encouraged to do deep breathing, coughing and leg exercises after surgery.

Walking and increasing your activities helps to keep your lungs healthy and prevent blood clots.

Gradually resume your normal activities. Do not do any heavy lifting or strenuous exercises until you check with your surgeon. Avoid contact sports.

When you return to work depends on the type of work you do. Talk to your surgeon about this. Most people return to work in 2 to 4 weeks.

Eating

The day after surgery you can usually return to your normal diet.

Incision care

You may shower the day after surgery. You can have a tub bath after your incisions have healed.

Each incision should be a dry closed line. Your incisions may be covered with tape. Try to keep the tape clean and dry. If the tape falls off, you can leave it off.

If you have stitches, clips or staples in the incision they will be taken out at your follow-up visit with the surgeon.

Pain

You will have pain and discomfort after surgery, especially around the incisions. Pain medicine will be given to you on a regular basis to keep you comfortable and your pain under control.

Pain medications can be given in different ways:

- in your IV (intravenous)
- pain pump
- pills – when you are able to drink fluids

Most pain medication can make you constipated. Stool softeners are often given to prevent this problem. You may also feel sick to your stomach. Medication can be taken to decrease this feeling.

Pain is often caused by the gas left in the abdomen after surgery, the pain is often felt in the shoulder. Stomach discomfort is also common due to slow moving bowels. Walking and moving around helps to lessen this pain and discomfort.

You will be given a prescription for pain medication before you leave the hospital. Your pain should lessen each day.

Going home

Your surgeon will want to see you in 2 to 4 weeks. If you were not given a follow-up appointment when you left the hospital, call your surgeon's office for an appointment.

Your nurse will review with you what you need to know about how to care for yourself at home.

You will need to arrange for transportation home.

Call your surgeon if you have:

- pain or difficulty in passing urine
- increased swelling, redness or discharge from any incision
- fever of 38.5°C (101°F) or higher
- pain that does not get better
- any questions or concerns that you feel may be related to surgery