

ALBUQUERQUE UROLOGY ASSOCIATES, P.A.

Aaron J. Geswaldo, D.O., F.A.C.O.S.
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ABQ: 610 Broadway Blvd. Albuquerque, NM 87102
505-242-3991 x2026 fax:505-243-8405
SF: 490-A West Zia Road, Santa Fe, NM 87505
505-989-9500 fax:505-294-6315

Discharge Instruction Post Nephrectomy Surgery Instruction Sheet

You are now ready to be discharged from the hospital after a nephrectomy. The kidney was removed completely and your renal function is dependent on your remaining kidney.

Activity

Your physical activity is to be restricted, especially during the first few weeks. During this time use the following guidelines:

- No lifting heavy objects (anything greater than 10 lbs)
- No driving a car and limit long car rides
- No strenuous exercise, limit stair climbing to minimum. Take a rest in-between floors.
- No severe straining during bowel movements. Take a laxative if necessary.

Bowels

It is important to keep your bowels regular during the postoperative period. Use a mild laxative if needed and call if you are having problems. Increase your fiber intake with fresh fruit and vegetables. Use powdered fiber mixed into your favorite drinks. Milk of Magnesia 2-3 tablespoons or two Dulcolax tablets work well if you are constipated.

Wound Care

There may be some bleeding or swelling around the incision. The incision should eventually fade over several months. The staples closing your incision should be removed around 10-14 days after your surgery. The staples will be replaced with skin tapes which can be removed after one week.

A dressing may be applied to the incision for additional protection if it gets irritated from your clothing. However, leave it undressed if you can tolerate it.

Hygiene

You may shower as you like. You can get your incision wet for short durations. Prolonged soaking in water (swimming, hot tubs, or baths) should be avoided for at least 6 weeks.

Medications

Most patients will be prescribed a strong painkiller. The biggest complaint most people experience is constipation associated with pain medication. Keep your stools soft.

You should be able to continue with your usual medications. Blood thinners may increase the risk of bleeding after surgery. Your urologist will advise you when you can resume these drugs. If you have any questions, call the office during normal business hours.

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Follow-Up

Arrangements will be made for you to be seen usually within 10 to 14 days from the date of surgery for removal of your surgical clips. Typically you should have another follow-up 4 weeks after your clips are removed.

All of the tissue removed at surgery will be carefully examined to determine the extent of tumor involvement within the organ. The report of this examination will be discussed with your urologist at your follow-up appointment.

Feeling ill, having fever or chills, or having continuous bright red bleeding is not expected. Call our service and leave your name and number for a call back. My assistant, Marlene can help answer your questions at 505-242-3991 x2026.

Medications:

- Keflex** (250, 500) one tab by mouth every 8 hours
- Levaquin** (250, 500, 750) mg one tab by mouth every 24 hours
- Cipro** (250, 500) mg one tab per mouth every 12 hours
- Lortab** (5, 7.5, 10 /500) mg one tab by mouth every 6 hours as needed for pain
- Percocet** (5, 7.5, 10/325) mg one tab by mouth every 6 hours as needed for pain
- Darvocet** (50, 100) mg one tab per mouth every 6 hours for pain
- Ibuprofen** (400, 600, 800) mg by mouth every 6 hours with food for pain (use Ibuprofen first and if you still have breakthrough pain use your narcotic prescription)
- Other: _____

Follow-Up Appointment:

- You have an appointment on _____ at _____ a.m./p.m.
Date Time
- The office will call with your follow-up appointment date and time. *(Please call my assistant if you do not hear back from us 7 business days post operatively).*
- (New Patients)* Please call our office for a follow-up appointment within 2 weeks unless otherwise instructed.

Please notify our office for any signs or symptoms of infection, such as fever (>101), chills, nausea, vomiting, or feeling ill. Call if you have bright red continuous bleeding, pain not controlled by your prescriptions, or retention of urine. My assistant, Shelly can be reached at 505-242-3991 x2026.

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A COPY OF THIS FORM WAS GIVEN TO PAIENT ALONG WITH APPROPRIATE PERSCRIPTIONS. DISCHARGE INSTRUCTIONS WERE EXPLAINED. ALL QUESTIONS WERE ANSWERED. THE PATIENT (AND/OR FAMILY) UNDERSTANDS THE IMPORTANCE OF PROPER FOLLOW-UP.

This document is an official patient record. Please place in the chart.

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Discharge Summary

Patient Label :

Date of Procedure: _____

Diagnosis: _____

Procedure:

[Left, Right, Bilateral]

- Simple Nephrectomy
- Radical Nephrectomy
- Lap Simple Nephrectomy
- Lap Radical Nephrectomy
- OTHER: _____

Medications (patient was given Rx at discharge)

- Lortab (5, 7.5, 10 /500)
- Percocet (5. 7.5, 10/325)
- Pyridium (100, 200)
- Cipro (250, 500) mg
- Ibuprofen (400, 600, 800) mg
- Other: _____

Follow-up Studies: [Attention Albuquerque Urology Schedulers]

Follow-Up Appointment: [Attention Albuquerque Urology Schedulers]

Schedule patient for follow up appointment in _____ weeks. **Call the patient with date and time.**

Patient has an appointment on _____ at _____ a.m./p.m.
Date Time

The patient was called with appointment date and time.

Scheduled by: _____ Date : _____
This document is an official patient record. Please place in the chart.