

## INSTRUCTIONS: POST RADICAL NEPHRECTOMY

### DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

### ACTIVITY:

- Do not lift anything heavier than 10 lbs. for one month.
- It is okay to shower after discharge from the hospital. Dry area thoroughly. No bathing.
- It is okay to climb stairs when discharged from the hospital.
- Walking is good exercise and it improves the circulation. Do not overdo it! Go easy at first and slowly increase the distance as you feel better.
- Avoid any heavy lifting or strenuous exercise for at least six weeks to give the incision time to heal.

### DRIVING:

No driving until seen in the physician's office.

### PAIN MEDICATION:

You will be given medications to take home when discharged from the hospital. As your activity increases, you may experience soreness around the incision. This is normal.

### ANTIBIOTICS:

You will be given antibiotics to take at home when discharged from the hospital. Please make sure you take all of your antibiotics.

### INCISION SITE:

Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, cloudy (pus-like) drainage from the incision, and/or develop fever and chills, please call the office.

### BOWELS:

One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements. Milk of Magnesia 30 cc is recommended if your stools are hard.

### FOLLOW-UP:

Our office staff will call you to make a follow-up appointment to have your staples removed.