

## **INSTRUCTIONS FOR LAPAROSCOPIC RENAL SURGERY**

**Tri County Urologic Associates**

**Day time phone: 610.323.5550 (Pottstown) or 610.935.9010 (Phoenixville)**

**Emergency Phone after 5 pm 610.792.2871**

### **NATURE OF THE PROCEDURE**

Hand-assisted laparoscopic nephrectomy is the removal of the kidney using a “telescope” through small “keyhole” openings made in the abdomen. It takes about 3-4 hours to perform. For a hand-assisted laparoscopic nephroureterectomy a “telescope” is also inserted into the bladder to assist in removing the complete ureter and the operation may take 4-5 hours to perform. A hand-assisted laparoscopic partial nephrectomy involves removing only part of one kidney. As in all laparoscopic procedures the surgeon may find the need to convert it to a traditional open operation in order to control bleeding or to complete the procedure in a safe manner.

### **INSTRUCTIONS PRIOR TO ENDOSCOPIC PROCEDURE**

Do not eat or drink anything including water after midnight the evening prior to the operation. Do not smoke for at least 12 hours before or after the procedure and do not drink alcohol 24 hours prior to the procedure. Do not take aspirin or any aspirin-containing products or drugs containing Ibuprofen for 10 days prior to the scheduled treatment (see complete list). You can take Tylenol or ask your physician for recommendations. If you are taking anti-coagulants such as Coumadin, please consult with your physician, as this medication may need to be discontinued 5 days prior to the procedure. If you have had kidney or bladder x-rays taken at institutions, other than the hospital at which you are having your procedure performed, please check with our office scheduling staff to determine if you need to bring them with you the day of the procedure. Leave all valuables at home and wear comfortable clothing. If you have HMO insurance, it is your responsibility to obtain referrals from your primary care physician.

We recommend a clear liquid diet the whole day prior to the procedure along with taking phosphasoda on that morning one day prior to the procedure.

### **DAY OF PROCEDURE**

You may require Foley urinary catheter that drains your bladder particularly after a nephroureterectomy or a partial nephrectomy. An additional temporary drain is used after a partial nephrectomy which will be removed prior to leaving the hospital. Abdominal pain is common and can be alleviated with narcotic medications. Back and shoulder pain can be experienced due to the gas used during the procedure and this usually clears within 24 hours.

## **DAY AFTER THE PROCEDURE**

A rectal suppository is commonly administered the morning after the operation to help with the recovery of bowel function. Once you have signs of bowel activity such as flatus or you feel hungry you will be started on a clear liquid diet and a regular diet will be ordered once you tolerate the clear liquids. Abdominal discomfort should begin to diminish and you will be encouraged to get out of bed into a chair.

## **SECOND DAY AFTER THE PROCEDURE**

You may be started on a regular diet. You may be encouraged to walk. Once you begin walking your compression stockings may be discontinued.

## **AFTER HOPITAL DISCHARGE**

You may be sent home anywhere between the 2<sup>nd</sup> and 4<sup>th</sup> day after your operation. You are advised not to do heavy lifting (anything greater than 10 lbs) for approximately 2 weeks. You can shower. You are not allowed to drive until you are cleared by your surgeon which may be anywhere between 3-6 weeks from the time of your operation. The date you can return to work is also variable and it can range from 3-8 weeks.

Abdominal discomfort can be controlled with either Tylenol or a stronger medicine such as Vicodin or Percocet. In certain cases an antibiotic will be prescribed.

You should call us if you experience: 1) a fever of greater than 100.5 degrees, 2) increasing abdominal pain especially if it is associated with nausea, vomiting or dizziness or 3) sudden light headedness or dizziness.

## **FOLLOW-UP APPOINTMENTS AND POSSIBLE STUDIES NEEDED**

Call 610.323.5550 (Pottstown office) or 610.935.9011 (Phoenixville office) to schedule an appointment to:

- \_\_\_ see Dr. Rose Leech Moreno Kabler or Kalra in \_\_\_ day(s) or \_\_\_ week(s)
- \_\_\_ with bladder scan \_\_\_ with straight cath residual check
- \_\_\_ see nurse in \_\_\_ day(s) for Foley catheter removal.
- \_\_\_ see medical assistant in \_\_\_ day(s) for catheter removal.
- \_\_\_ arrange to have a cystogram in approximately \_\_\_ days or \_\_\_ weeks

## **MEDICATIONS**

- Take \_\_\_ Levaquin one daily until finished.
- \_\_\_ Vicodin one to two every 4 hours as needed for pain.
- \_\_\_ Percocet one to two every 4 hours as needed for pain.
- \_\_\_ Take Prosed DS as directed for catheter irritation but do not take Prosed DS within 12 hours of catheter removal.

