



Preoperative/Postoperative Instructions for Nephrectomy Patients

Day Before Surgery -

- You may have a clear liquid diet until midnight.
- Do not eat or drink anything after midnight.
- Take a Hibiclens shower the evening prior to surgery.
- You may have a bowel prep - your surgeon will inform you if you need one.

Day of Surgery (Before surgery)-

- Report to day surgery (Family Surgical Waiting Room, 1st Floor, STC), at the prearranged appointment time.
- Leave valuables at home, but bring any comfort items for your hospitalization as you see fit.
- Do not eat or drink anything (if you have been asked to take medications on the morning of surgery, you may do so with a small sip of water).
- An IV will be placed in the preoperative area.
- You may have an epidural catheter placed.

Day of Surgery (After Surgery)-

- That evening you will dangle on the side of the bed with assistance and gradually increase your activity as tolerated.
- You may be allowed small amounts ice chips and sips of water if you are not nauseated
- Take at least three deep breaths and cough every two hours.
- Use your Incentive Spirometer every two hours while awake (this is done to expand your lungs and help prevent pneumonia).
- An IV will be maintained as a source of fluid intake until you are tolerating your diet adequately.
- A catheter will remain in your bladder to drain your urine, your nurse will empty the catheter bag as frequently as indicated.
- Notify your nurse if you experience any bladder discomfort or sensation of fullness (this usually indicates bladder spasms, but may indicate a catheter that is not draining properly).
- You may have a pain control pump. Your nurse will provide you with instructions.

First Day After Surgery -

- You will walk in the hallway with assistance approximately four times per day.
- Your bladder catheter will be removed a few days after surgery.
- Your nurse will begin planning discharge.

Additional Days After Surgery -

- You will walk independently in the hallway.
- Your diet will start with clear liquids when your bowel function returns and will then be advanced as tolerated.
- Pain pump, medication, and IV fluids will be discontinued.
- Pain medication by mouth will be available.
- You will be discharged as soon as you:
 - Are walking without difficulty,
 - Your pain is controlled by oral medication,
 - You are passing gas,
 - You have no fever.
- Your nurse will reinforce discharge instructions.
- You may have a mild laxative by mouth at home if your bowels have not moved within a couple days after the discharge.
- Your nurse will provide you with a follow-up appointment.
- Your doctor will discuss any pathology results at your follow-up visit.
- You may take a shower after your IV has been removed.

After Discharge: Your return appointment is

_____ Desk: 3A (254-724-2577)

- You will go home with prescriptions for:
 - pain medication as needed,
 - stool softeners for one month may also be given.
- You may resume your normal diet, high in fiber (fruits and vegetables).
- Drink 8 glasses of water daily.
- Walk 4 times daily.
- Continue foot pumping exercises while sitting.
- No heavy lifting over 10 lbs. for 4 weeks.
- No driving for 2 weeks, and short distances thereafter (less than 5-10 miles for 4 more weeks).
- Call the clinic for any fever over 101 F, increased pain, nausea/vomiting, or other concerns.