

Nephroureterectomy

INSTRUCTIONS: POST NEPHROURETERECTOMY

DIET:

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

ACTIVITY:

1. Do not lift anything heavier than 10 lbs. for one month.
2. It is okay to shower after discharge from the hospital.
3. Dry area thoroughly. No bathing.
4. It is okay to climb stairs when discharged from the hospital.
5. 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.
6. 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.

FOLEY CATHETER:

You will go home with a catheter. It is normal to feel some pressure and discomfort from the catheter. You may experience some leaking around the catheter; this is normal. It is common to experience some blood in your urine or around the catheter when moving your bowels. Always make sure that the tubes are not kinked so the urine flows freely.

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.