

## Laparoscopic Nephrectomy

### The Procedure

Laparoscopic nephrectomy is performed under a general anesthetic. The typical length of the operation is 3-4 hours. The surgery is performed through several small incisions made in the abdomen. A telescope and small instruments are inserted into the abdomen through these keyhole incisions, which allow the surgeon to completely free and dissect the kidney without having to place his hands into the abdomen. The kidney is then placed within a plastic sack and removed intact through an extension of one of the existing incision sites. Patients typically stay one to two days in the hospital after surgery. Risk of the surgery include bleeding, pain, infection, damage to surrounding tissues, possible conversion to open surgery

### Preparation for Surgery

- Avoid taking Aspirin, Motrin, Ibuprofen, Advil, Vioxx, Plavix, Coumadin, Celebrex 1 week before surgery as this may increase your bleeding risk. Contact your surgeon if you are unsure if you should stop a medication
- Do not eat or drink anything after midnight the night before surgery

### What to Expect After Surgery

**Pain:** You can expect to have some pain that may require pain medication for a few days after discharge. Tylenol should be sufficient to control your pain. If your pain is not controlled, call the urology office.

**Nausea:** Some patients may have nausea after anesthesia. If you have uncontrolled vomiting or inability to tolerate liquids, call the urology office.

**Constipation:** After laparoscopic surgery, some patients have sluggish bowel activity. Take the laxatives as prescribed by your physician. Contact the office if you do not pass flatus for more than 24 hours.

**Showering:** You may shower at home after surgery. It is ok to clean the small incisions with soap and water. But do not scrub the areas. Do not take baths or go into pool or Jacuzzis for 4 weeks. Sutures underneath the skin will dissolve in 4-6 weeks.

**Activity:** Taking walks is advised. Do not sit or lie in bed for prolonged periods of time. Driving should be avoided for several week after the procedure. You can expect to return to full activity and return to work 4 weeks after surgery. No strenuous exercise or heavy lifting (>20-lbs) for 4 weeks

**Diet:** You should be on a low-salt, low-protein diet after one of your kidneys is removed.

**Fevers:** Call the urology office during business hours for any fevers or chills. If after hours, go to the nearest Emergency Department

**Follow-Up Appointment:** After surgery, you should be given a follow-up appointment. If you are not given an appointment, call (323) 409-5787 to schedule an appointment within 2 weeks after surgery

**When to go to the Emergency Department:** If you have severe pain, uncontrolled vomiting, high fevers, significant bleeding, chest pain, shortness of breath, severe headache, or loss of consciousness go to your nearest emergency room or call 911

**Questions? Call (323) 409-5787**