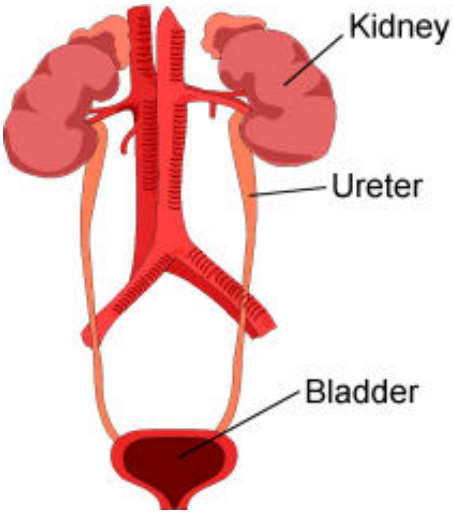
Nephrectomy, (Removal of a Kidney)
Care After Surgery

These discharge instructions provide you with general information on caring for yourself after surgery. Refer to these instructions for the next few weeks. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, please call your caregiver.



HOME CARE INSTRUCTIONS

- It will be normal to be sore for a couple weeks following surgery. See your caregiver if this seems to be getting worse rather than better.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Use showers for bathing, until seen or as instructed.
- Change dressings if necessary or as directed.
- You may resume normal diet and activities as directed or allowed. Staying active will help prevent blood clots and other complications.
- Avoid lifting more than 10 pounds or driving until you are instructed otherwise.
- Make an appointment to see your caregiver for stitch (*suture*) or staple removal when instructed.
- You may use ice on your incision for twenty minutes four times per day for the first two days.
- Make sure to keep all appointments as directed and monitor your blood pressure as instructed.

SEEK MEDICAL CARE IF:

- You have increased bleeding from wound.
- You see redness, swelling, or have increasing pain in wound.
- You have pus coming from your wound.
- You develop an unexplained temperature over 101° F (38.3° C).
- You have a foul smell coming from the wound or dressing.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing or feel short of breath.
- You develop any reaction or side effects to medications given.
- You develop lightheadedness or feel faint.
- You develop blood or clots in your urine and it is increasing.

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