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WHAT TO EXPECT POST YOUR PARTIAL OR RADICAL ROBOTIC NEPHRECTOMY

Nephrectomy is the surgical removal of a kidney. The procedure is done to treat kidney cancer as well as other kidney diseases and injuries. There are two types of nephrectomy for a diseased kidney: partial and radical. In partial nephrectomy, only the diseased or injured portion of the kidney is removed. Radical nephrectomy involves removing the entire kidney, along with a section of the tube leading to the bladder (ureter), the fatty tissues surrounding the kidney and sometimes the gland that sits atop the kidney (adrenal gland).

Dr Elmes utilises the Da-Vinci Robot for this procedure which provides a faster recovery for patients. Dr Elmes makes small cuts in the abdomen, and the camera and instruments are inserted through the cuts to perform the surgery. He has a 3D view that can be magnified up to 10–12 times and carries out the surgery using a console to control the robotic arms.

Expect:

- Typically a patient who has undergone a radical Nephrectomy using the da Vinci Surgical System can expect to leave hospital in just one to three days and return to normal activities within a week or two.
- Depending on your occupation you can expect to return to work between 1 and 4 weeks but this depends on how your recovery is going, type of work and when you are comfortable. Dr Elmes rooms can provide you with a medical certificate if required.
- You will be able to drink fluids on the first night and in most cases be able to eat food the next morning.
- You will have calf compression stockings on, which should only be taken off only when showering. These should also be worn for 2 weeks after the operation even if you are at home. You will also have blood-thinning injections usually beginning the first evening after your operation. It is important to begin walking and moving your feet around in the bed ASAP.
- A catheter is placed at the time of the operation. It is usually removed on the first morning.
- It is normal to get some spasms / cramps from the catheter which can cause urine and/or blood clots to come out/around the catheter.
- You can expect to have some incisional discomfort that may require narcotic pain medication for a few days after discharge.
- You may have adhesive strips/or glue across your incisions. They will either fall off on their own or can be removed in approximately 2 weeks. The dressings are to be left on for 1-week minimum but ideally if they can be on for 3 weeks that is great.

What to do:

- Walk around and wear your stocking 2 weeks post operatively.
- You may shower at home. Your wound sites can get wet, but must be patted dry.
- Prolonged sitting or lying in bed should be avoided. Climbing stairs is possible but should be taken slowly.

Avoid:

- Straining/strenuous activity and constipation for 6 weeks
- Refrain from driving for 1 week after your surgery

- Avoid prolong sitting, bathtubs, swimming pools, hot tubs or otherwise submerging yourself in water.
- Showering is fine as soon as you go home.
- Bathing on wounds, best to keep dry until healed.

Inform Dr Elmes' rooms if:

- You develop pain or fever, unwell or otherwise concerned.

Dr Elmes rooms will organise a follow up appointment with you, which is usually 3 week post operatively.