



Information for
patients and
carers

Nephrectomy

Post- surgery information following nephrectomy (removal of kidney)

Wound care

You can have a shower or shallow bath when you get home. Don't take long hot baths as this may weaken your stitches. Gently pat dry around your wound rather than rubbing dry

Most surgical wounds are closed with stitches that dissolve on their own. This can take up to 14 days. Check with the nurse who discharges you that you do not need to have stitches/clips removed by the district/practice nurse.

You may experience some numbness around the wound sites. This is normal and due to the severed (cut) nerves on and around the incisions (wounds)

Pain Control

Simple painkillers e.g. paracetamol or codeine can be taken as prescribed on the packet. You may need to take some simple over the counter laxatives if you develop constipation.

Driving

You should wait at least 3 weeks before driving. Avoid long journeys as a passenger during this time. You can drive when you feel comfortable to carry out an emergency stop. It is your responsibility to make sure you are fit to drive after any surgical procedure.

Work

You can normally return to work after 4-6 weeks. It does depend on what work you do. Manual workers or where work involves heavy lifting may need longer off work.

Please inform the nursing staff before discharge if you require a sick note. Further sick notes can be obtained from your GP if required after discharge.

Sexual Intercourse

You can resume sexual activity when you feel comfortable to do so but you may wish to wait 4-6 weeks to allow healing.

Diet

You will be able to eat a normal healthy diet. Try and include 5 portions of fruit and vegetables per day. Follow a low salt diet and try and reduce the amount of red meat you consume.

You should drink at least 8 glasses of water per day.(approximately 3 1/2 pints)

Flying

You are advised not to fly for 6 weeks following surgery. If you do fly after this keep mobile and do calf exercises to try and prevent deep vein thrombosis.

General Advice

Try to take it easy for about 6 weeks. You can take gentle exercise like walking, gradually increasing what you do as you feel able.

Activities such as golf and cycling can be resumed gently after 6 weeks

If you live alone or are elderly you may want a relative or friend to stay with you for the first few days you are home.

If you need some help at home after you are discharged you should discuss this at your pre-op assessment.

Smoking

If you smoke please try and stop. The NHS helpline number is 0881690169.

Report to your GP or specialist nurse any blood in your urine, signs of infection e.g. high temperature, shivering, pain or redness around your wounds, or burning sensation when passing water.

Follow up

Your follow up appointment with the surgeon will be 3-4 weeks following surgery. The histology result (analysis of tissue sent to the laboratory) and further follow up will be discussed at this appointment.

Contact details

If you have any questions please contact the urology team on 01772 523884

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھپیا یں ییہ ابی دست بو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

Arabic:

مطبوعه بأ حرف كبير ة و بلغات إذا كنت تر يد مساعده في فهم هذه لمعلومات يُر جى أن تطلب أخرى يمكن تو فسير هذه المعلوما ت

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Division: Surgery

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