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# Robotic Assisted Partial Nephrectomy Patient Packet

## Before Surgery

### Your Goals:

- Learn about the surgery and recovery process and get your questions answered
- Make plans at home to have someone to help with household chores, cleaning, cooking, shopping, etc. during recovery
- Prepare a ride home from the hospital

### Appointments:

- You may have to meet with our PrePare Clinic prior to surgery. They ensure you are medically optimized to move forward with surgery. They will do any pre-operative testing if needed. If you are on anti-coagulation medication (Warfarin, Plavix, Eliquis, etc.) they will be giving instructions on when to stop those medications.
- If you do not need to meet with PrePare, you will have an appointment with our clinic to review your medical history, review surgery and medications.
  - Some people may need both appointments.

### Activity prior to Surgery

- Walking daily prior to surgery can help you recover faster. Try to walk 20-30 min per day leading up to surgery.
- If you smoke, quitting before surgery can decrease your risk of breathing complications and improve recovery time.

## Surgery: Robotic Assisted Laparoscopic Partial Nephrectomy

## What happens during surgery?

- This procedure treats a renal mass. The mass is removed in its entirety and the kidney is repaired. The surgery is done with the robot and you will have 6 small incisions in your abdomen. A catheter is placed in your bladder during surgery and is typically removed 1-2 days after surgery. Sometimes a drain is left in your abdomen to monitor for a urine leak at the connection site. Often, this is removed while you are in the hospital. There is a possibility of it remaining in place when you go home.

## What are the risks of surgery?

- Every surgery has risks. Short term risks include bleeding or injury to your bowel or other organs. This is very rare and if occurs would be treated. Blood transfusions may be necessary if there is significant blood loss. Infection is another risk of any surgery and you will get an IV antibiotic at the time of surgery to decrease that risk.
- Kidney function can be affected when we operate on the kidney. A partial nephrectomy is done to try and preserve as much kidney tissue as possible.

## Hospital Course

- You will check in for surgery at Bellin as instructed. The OR will call about 2 days prior to surgery to give you your arrival time.
- Once checked in, you will meet with the anesthesiologist and the nurses will prepare you for surgery.
- Surgery typically takes about 3-4 hours.
- You will go to the recovery room while waking up and then move to the floor
- Typical hospital stay is 1-2 nights.
- Your diet will be slowly advanced after surgery to a general diet. We encourage good fluid intake to keep the kidneys flushed.
- You will need someone to drive you home
- Pain medication will be available. We encourage Tylenol and Ibuprofen. If narcotic pain medications are needed, they will be available.
- We encourage walking in the hospital to help get the bowels moving, prevent blood clots, and keep your lungs open to prevent pneumonia.
- You will be given an Incentive Spirometer to use to help expand your lungs and prevent pneumonia after surgery. You should use this at home multiple times per hour that you are awake.

## At Home

- Blood in the urine is expected. This will clear with time. Drink plenty of fluids to flush it out.
- Use Tylenol and/or Ibuprofen as directed for pain control.
  - Take narcotic pain medication as needed for severe pain. These are addictive, cause constipation, and should be used sparingly.
- Use Stool softeners until bowel function returns to normal. If you have issues with constipation, you may use other OTC medications such as Miralax, Magnesium Citrate, or Milk of Magnesia.
- Walking is encouraged to help prevent blood clots and pneumonia. Do not lift more than 10-15 lbs. (full gallon of milk) for 4 weeks. Avoid activities that involve twisting, bending, pushing, pulling, etc. Anticipate a full 6 weeks for recovery. You may go up and down stairs.
- You may shower. The water may run over the incisions but do not scrub them. Dab the incisions dry and leave open to air. Do not bathe or swim until incisions are well healed.
- Do not drive if you are taking narcotic pain medication. Once you are no longer taking pain medication, you may drive if not distracted by pain.

### **Post-operative Expectations**

- If you have a drain, you will have a follow up appointment to evaluate/remove it. Timing of your post-operative appointment will be determined at discharge.
- Staples, if present, will be removed at your post-operative visit. If sutures were used, those will dissolve and do not need to be removed.
- The surgeon will call you with pathology results once available. These often take a week to return.

### **When to Call**

- Fever >101, chills, nausea, vomiting, chest pain, shortness of breath, leg pain or swelling
- Catheter is not draining and you have the sensation to urinate
- Call (920)-433-9400 with any other questions or concerns.