

Laparoscopic Radical Nephrectomy

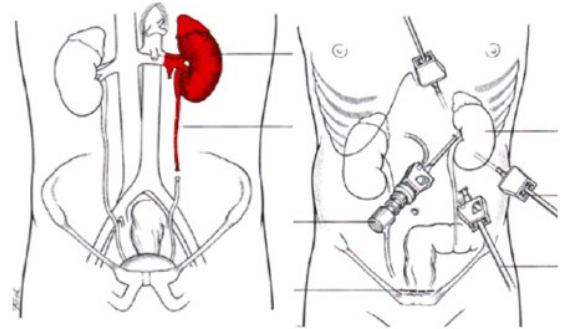
Definition

A Laparoscopic Radical Nephrectomy is a minimally invasive surgery to remove a renal tumour.

Procedure

After a general anaesthetic, key hole surgery is performed to remove the kidney. Subsequently, a small cut is made into the lower part of the belly or to one side to remove the kidney as a whole. A small drain may be left in the belly to help drain out excess fluid.

Patients will have a urinary catheter which is removed in hospital the following morning.



Post-Operative Care

After an overnight stay in hospital, you will be discharged the following morning.

For the first 48 hours:

- Rest and avoid constipation by drinking lots of water to flush your kidneys and bowels (stool softeners not required).
- Do not participate in labour intensive work or exercise
- You will require 2 weeks off work and driving. Avoid lifting, pushing, pulling or strenuous exercise for 2 weeks to aid recovery.

Common side effects include:

- Urine with a rose or pink tinge which should clear within 3-5 days post procedure
- Pain which can be managed with Paracetamol or Nurofen
- Stinging or burning when passing urine which can be relieved with Ural (available from pharmacy without a script) or by adding fresh lemon or lime to your drinking water.

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Uncommon side effects include:

Seek medical attention through Toowoomba Specialists, your local GP or your local Hospital's Emergency Department. Note: If you take blood thinners, please DO NOT take any further doses until you have sought medical attention.

- Dark red or wine coloured urine
- Passing blood clots through your urine
- Fevers, chills, shakes or tremors
- Unmanageable pain

Discharge Planning

Patients can be discharged once reviewed by Dr Desai.

Please check with Dr Desai as to when to restart taking your usual medication and blood thinners.

Follow up

You will receive an aftercare phone call from Dr Desai's rooms within 2 weeks of your procedure.

You will also be required to attend a face to face appointment with Dr Desai 4 weeks after your procedure. Please contact the rooms to arrange this.

For any concerns, please contact Toowoomba Specialists during business hours or St Vincent's Private Hospital Toowoomba after hours.