



## Laparoscopic Nephrectomy

June 2003

### DAY OF SURGERY

Day: \_\_\_\_\_ Date: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- You will be transferred from the Post-Anesthesia Care Unit (PACU) to a 4-bed, co-ed postoperative unit on one of the surgical floors.
- Your nurse will take your vital signs (blood pressure, pulse, respirations and temperature) frequently and check the dressing over your incision.
- If you are in the PACU before 5 PM, you may be able to have sips of liquids; otherwise you will not be able to eat today, but you will receive your nutrition and medications intravenously (IV).
- You will have some blood tests done.
- You may have a Sequential Compression Device (SCD) on your legs to prevent inflammation (phlebitis) and the formation of blood clots (thrombus) in your legs while you are in bed.
- You will have a Foley catheter to drain urine from your bladder.

#### Things To Do Today

Read the section “While in the Hospital.” It will explain what to expect during your hospital stay.

- Use the incentive spirometer 10 times every hour while awake. In addition, do the coughing and deep breathing exercise every 2 hours while awake.
- You will remain in bed today. Turn from side to side while you are in bed. The nursing staff will assist you.
- You will receive pain medication intravenously to enable you to increase your activity and do the coughing and deep breathing exercises. The nurse will ask you to rate your pain on a scale from 1 to 10 before and after taking the medication.

**If you need anything, please ask.**



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### DAY 1 AFTER SURGERY

Day: \_\_\_\_\_ Date: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- You will have a blood test done in the morning.
- Your Foley catheter may be removed today. You will need to urinate without difficulty.
- Your IV will be taken off a continuous mode and “hep locked.”
- You will have clear liquids for breakfast. If you tolerate liquids, you will resume your usual diet.
- The SCD boots will be discontinued, if you are ambulating without difficulty.
- You will be helped to get out of bed and should increase your activity.
- Your pain medication may be changed to pills.
- The doctor and nurse will discuss the discharge plan with you. A social worker is available if needed.

#### Things To Do Today

Review the section in your information packet on being discharged.

#### Days:

- Use the incentive spirometer 10 times every hour while awake. How high did you raise the ball? \_\_\_\_ Do coughing and deep breathing exercises every 2 hours.
- Get out of bed and ambulate in the hallway at least three times with the nursing staff’s help. When out of bed, change your position frequently. Try to sit in the chair for 2 hours. You can walk to the bathroom.
- Take your pain medication as needed to enable you to increase your activity with comfort. Remember the nurse will ask you to rate your pain before and after taking it.



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- You will be discharged tomorrow. Who will accompany you?  
Name \_\_\_\_\_ Phone # \_\_\_\_\_ Speak with your nurse or social worker if you have any questions.

### **Evening/Nights:**

- Sit in the chair for dinner. Take a short walk in the hallway. Have a family member or friend walk with you.
- Use your incentive spirometer 10 times every hour. Do the coughing and deep breathing exercises every 2 hours while awake.
- Confirm transportation home for tomorrow. Ask for your prescriptions. Discharge time is 10 a.m.

**If you need anything, please ask.**



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### DAY 2 DAY OF DISCHARGE

Day: \_\_\_\_\_ Date: \_\_\_\_\_

#### THINGS TO EXPECT TODAY

- You will be discharged today.
- Your Foley catheter will be removed today if it has not already. You will need to be able to urinate without difficulty.
- Your IV will be discontinued.
- Your operative dressing will be removed today.
- Review and sign your discharge plan.
- You will be given any needed prescriptions.

#### Things To Do Today

Read the section on being discharged in your information packet. Make sure you read the section on "When to Call the Doctor."

Write down any questions so you can remember to ask them.

- Wash up
- Sit in the chair and have breakfast.
- Look at your incision, so that you can report any changes to the surgeon.
- Make sure you have any needed prescriptions.
- Find out when you need to return for a follow-up visit.
- Review the discharge plan with your nurse and sign it. Ask any final questions.
- Discharge time is 10 a.m.