

WHAT WILL HAPPEN AFTER I LEAVE THE HOSPITAL?

After either a conventional donor nephrectomy (kidney removal) or a laparoscopic donor nephrectomy (less invasive procedure with smaller incision), it is not expected that you will have any prolonged problems related to the surgery.

DISCHARGE FROM HOSPITAL

Once you are discharged from the hospital you will continue to see the transplant surgery team in the outpatient clinic at 403 East 34th Street, on the third floor. The phone number to the clinic is 212-263-8134. The first week after surgery you will have a follow up appointment. Any staples that you may have will be removed and you will be sent for laboratory tests. After this you will follow up with the transplant surgeons as necessary.

RETURNING TO WORK

Depending on your occupation, you will be able to return to work or school within a month after the surgery, without any restrictions. While you are out of work we will fill out disability papers if applicable.

MEDICATIONS

You will not be required to take any new medications after the surgery. You may experience some discomfort in the period immediately following the surgery from the surgical site. Pain medication will be prescribed if needed.

DIET

You will have no dietary restrictions after the surgery.

ACTIVITY

After you return home you should gradually return to your normal activities. You will be restricted from lifting objects heavier than 25 pounds until your incisions are fully healed (approximately one month). Avoid straining and heavy lifting during this time. Walking is advised and you are encouraged to gradually increase the distance each week.