

# Care After Laparoscopic Kidney Cryoblation Surgery

## Activity

- You may feel tired when you leave the hospital. This is a normal effect of surgery. You should start to feel less tired over the next several days.
- You may gradually return to your normal activities.
- Avoid heavy lifting (more than 20 pounds) for four weeks. You may climb stairs.

## Diet

- You may return to your regular diet.
- Drink 6 to 8 glasses of water each day to avoid constipation.

## Incision Care

- You may have bandages on your abdomen. You may take them off or replace them when you wish.
- You may take a shower but do not scrub the incision site. Pat the area dry with a clean towel.
- If you have Steri-Strips® (thin paper-like strips over the incision), leave them on until they curl away from your skin. Once they begin the curl, you can peel them off.

## Surgery Side Effects

- The following side effects are normal and should not cause you to worry:
  - sore throat for a day or two after the anesthesia tube is removed

- aches and pains around the incision site
- slight oozing of blood or watery discharge from the incision
- bruising on your abdomen
- a puffy feeling in your abdomen for several days.

## Discomfort

- Aches in your shoulders and upper chest are likely caused from a build-up of the gas (anesthesia) used during surgery. These aches may last up to 48 hours.
- To relieve this discomfort, you may take acetaminophen (Tylenol®), lie flat or raise your hips above your shoulder level.

## When To Call Your Doctor

Call your doctor if you have:

- chills or a temperature of more than 100.4 F
- increased pain or tenderness near the incisions
- swelling, redness, increased drainage or bleeding at the incision sites
- nausea or vomiting
- discomfort not relieved by taking medicine, lying flat or raising your hips above your shoulder level
- any questions or concerns.

**(over)**

## **Follow-up Appointment**

Ask your doctor when to schedule a follow-up appointment. It is important to go to this office visit, even if you are feeling well.