

MURDOCK UROLOGY ASSOCIATES

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**POST RADICAL NEPHRECTOMY
~ HOME CARE ~**

1. Drink 8 to 12 glasses (2000 to 3000 ML, or 64 to 96 ounces) of fluid a day.
2. Contact your physician should you observe blood in the urine.
3. Monitor the amount of urine output. If you drink plenty of fluids and are not going to the bathroom, notify your physician.
4. Keep incision clean and dry.
5. Ask your physician when you may shower.
6. Call for a followup appointment with your physician.

ACTIVITIES:

1. Regular activity as allowed; rest in bed **only when tired**.
2. You may go up and down stairs a couple of times a day during the first week.
3. You may shower after your stitches/staples are removed.
4. Wear comfortable, loose clothing.
5. Consult your physician before returning to work or driving.
6. Avoid heavy lifting.
7. Continue to take deep breaths and coughing when sitting or lying a lot.

DIET:

1. You may resume a regular diet.
2. You may want to consider fruits and bran to assist in keeping regular bowel movements.
3. If you were on a special diet prior to surgery, resume that diet, i.e. diabetic or cardiac diet.

MEDICATIONS:

1. Check with your physician about resuming medications that you were taking prior to surgery.
2. Take each medication as ordered by your physician, i.e. pain medication.
3. Take an over-the-counter stool softener or laxative of your choice.