Percutaneous Urologic Surgery

HOME CARE INSTRUCTIONS

You may shower every day but do not sit in a tub of water for 6 weeks. Pat incisions dry after you shower.

Walking is good exercise to help you get back your strength and prevent complications. You may climb stairs and do other kinds of normal activities that you feel you can do safely. You should not do any heavy lifting (more than 10 pounds or a gallon of milk) for 3 to 4 weeks after surgery.

Take extra-strength Tylenol® for pain. If you have more severe pain, take the pain medication that your doctor prescribed for you.

Prescription pain medicine may cause constipation.

To control constipation:
- Take a stool softener daily.
- Take Milk of Magnesia® or magnesium citrate. You can buy both without a prescription.

Do not drive if you are taking pain medicine.

You may have blood or blood clots in your urine for 7 to 14 days.

When your nephrostomy tube is removed, urine may leak for a day or two from the opening on your back where the tube was attached. To absorb the urine, tape a gauze or sanitary pad over the site and change as needed. After the leakage has stopped, you do not need to cover the incision any more. You do not need to put any ointment or lotion on the site.

Call your doctor at (919) 966-1315 if you have...
- fever higher than 101°F
- an upset stomach or vomiting that gets worse
- an increase in urine drainage from your back
- any other problem or questions

Doctor __________________________

UNC Urology Clinic
101 Manning Drive
2nd Floor Main Hospital
(919) 966-1315