







Open Kidney Surgery CareMap: Your Hospital Stay

How to prepare and what to expect

Before Surgery Day	Surgery Day	
<p>During the 2 weeks before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Surgery teaching <input type="checkbox"/> Physical Therapy (PT) visit for Prehab, if needed <input type="checkbox"/> Sign your consent papers <input type="checkbox"/> Make sure your follow-up visit is scheduled for 2 weeks after your surgery <p>The day before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Receive a call from the hospital with your assigned arrival time <input type="checkbox"/> Take a shower with the antibacterial soap that was prescribed  <p>The night before surgery:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Before midnight: Drink 8 ounces of apple juice <input type="checkbox"/> After midnight: Do not eat or drink anything  	<p>Before you leave home:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take another shower with the antibacterial soap that was prescribed  <p>At the hospital:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in at Surgery Registration at your assigned arrival time <input type="checkbox"/> You will be given 8 ounces of apple juice to drink <input type="checkbox"/> A nurse will call you to come to the Pre-Op area <input type="checkbox"/> An IV tube will be placed in your arm to give you fluids and antibiotics <input type="checkbox"/> An Anesthesiologist will talk with you about placing either an epidural line or a PCA pump to give you pain medicine <input type="checkbox"/> We will give you a heating blanket to keep you warm, improve healing, and lower the risk of infection (keep the blanket on even if you feel warm enough)  	<p>After surgery, you will:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wake up in the recovery area <input type="checkbox"/> Be moved to a bed in a hospital unit <p>You will have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> An IV in your arm to give you fluids and antibiotics <input type="checkbox"/> Compression devices on your legs to help blood flow <input type="checkbox"/> Either a pain medicine catheter (epidural) in your back or a PCA connected to your IV to give you pain medicine <p>You may have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> A Jackson-Pratt (JP) tube to drain fluids that build up in your body after surgery <p>Medicines</p> <p>You will receive:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Medicines to help with digestion and nausea <input type="checkbox"/> Pain medicine through an epidural catheter <p>Activity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your nurse will help you sit on the edge of the bed or in a chair <p>Diet</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your nurse will encourage you to take sips of clear liquids and chew gum to help your digestion work <p>Self-care</p> <ul style="list-style-type: none"> <input type="checkbox"/> Your nurse will teach you how to use your incentive spirometer and remind you to use it 10 times each hour, every day while you are in the hospital

Day 1	Day 2	Days 3 or 4 (Discharge Day)	After Discharge	
Medicines <ul style="list-style-type: none"> <input type="checkbox"/> You will receive pain medicine through your epidural <input type="checkbox"/> Your provider will talk with you about starting pain medicines by mouth 		Medicines <ul style="list-style-type: none"> <input type="checkbox"/> When you can handle solid food, your epidural will be removed and you will be given medicine by mouth (oral) <input type="checkbox"/> You will receive oral pain medicine at discharge 	<ul style="list-style-type: none"> <input type="checkbox"/> Drink LOTS of fluids, at least 2 liters (about 8 cups) every day. Staying hydrated will help your recovery and lessen urine smell. <input type="checkbox"/> To help with healing, try nutrition drinks such as Ensure or Boost, until your appetite fully returns. <input type="checkbox"/> Do not drive if your medicines make you sleepy. <input type="checkbox"/> You will have a follow-up clinic visit with an RN or ARNP in a few weeks. <p>Until your provider says it is OK:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Do not take a bath, sit in a hot tub, go swimming, or cover your incision with water. <input type="checkbox"/> Do not lift anything that weighs more than 10 pounds, or do activities that make you work hard. (A gallon of water weighs almost 9 pounds.) <input type="checkbox"/> Do not drive. <p>As your provider has instructed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Take all medicines as prescribed. <input type="checkbox"/> Care for your incisions. <input type="checkbox"/> Follow showering instructions. <input type="checkbox"/> Walk at least a few times a day. Increase how fast and how long you walk, as you can. <input type="checkbox"/> Do not strain to pass stool. If needed, take stool softeners. <p>Call your provider if you have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fever of 100.4°F (38°C) or higher <input type="checkbox"/> Signs of infection at incision: redness, swelling, warmth, more pain, bad-smelling drainage <input type="checkbox"/> Bloody urine <input type="checkbox"/> Pain that is not controlled by medicines <input type="checkbox"/> Pain or swelling in your legs <p>Call 911 if you have:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chest pain or trouble breathing 	
Diet <ul style="list-style-type: none"> <input type="checkbox"/> Start on a clear liquid diet (coffee is OK, but no cream) <input type="checkbox"/> Advance your diet as you can, first to full liquid and then to regular food 	Diet <ul style="list-style-type: none"> <input type="checkbox"/> Advance your diet as you can 	Diet <ul style="list-style-type: none"> <input type="checkbox"/> Advance to a regular diet until you leave the hospital 		
Activity <ul style="list-style-type: none"> <input type="checkbox"/> A Physical Therapist (PT) will assess you <input type="checkbox"/> Do not get out of bed without help from a PT, nurse, or patient care technician until PT says it is OK <input type="checkbox"/> Aim to walk 2 to 3 times today 	Activity <ul style="list-style-type: none"> <input type="checkbox"/> Sit in a chair for all of your meals. <input type="checkbox"/> Aim to be out of bed for 6 hours a day and walk 3 to 5 times a day. The more you move, the faster your body will heal. <input type="checkbox"/> A PT will visit you until no longer needed. <input type="checkbox"/> Try to use your incentive spirometer 10 times each hour to keep fluid out of your lungs. 			
Self-care <ul style="list-style-type: none"> <input type="checkbox"/> An Occupational Therapist (OT) will assess you 	Self-care <ul style="list-style-type: none"> <input type="checkbox"/> An OT will help with shower training and activities of daily living (ADLs) 	Discharge Day <ul style="list-style-type: none"> <input type="checkbox"/> Shower and dress in your own clothes by about 9 a.m. 		
Drains <ul style="list-style-type: none"> <input type="checkbox"/> Your Foley catheter will be removed when your provider says it is OK 		Drains <ul style="list-style-type: none"> <input type="checkbox"/> Your drains will be removed before you leave the hospital 		
		Plannng <ul style="list-style-type: none"> <input type="checkbox"/> Ask to meet with a social worker if you have any concerns you have about your plans after discharge 		Plannng <ul style="list-style-type: none"> <input type="checkbox"/> When you pick up your discharge medicines, a pharmacist will teach you about them