

When to get help

Go to the nearest Emergency Department **right away** if you have any of the following:

- You have a fever 40°C (104°F) or higher and it does not lower with fever medicine such as acetaminophen or ibuprofen.
- You feel constantly sick to your stomach (nausea) or you are throwing up often (vomiting).
- You have bad pain in your abdomen that does not go away with pain medicine.

Arrange to see your surgeon as soon as possible if:

- You have increased pain, swelling, or redness of any incision.
- You feel burning, pain, or bleeding when you urinate (go pee).
- You have problems urinating (going pee).
- You need to urinate often.

If you cannot contact your surgeon, arrange to see your family doctor.

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www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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Laparoscopic Urology Surgery

Eagle Ridge Hospital

You are having surgery to do one of the following:

- Reattach the small tube that attaches a kidney to the bladder (called a ureter)
- Remove a kidney (called a nephrectomy)
- Fix a narrowing of the area where the urine leaves the kidney (called pyeloplasty)
- Remove an adrenal gland (called an adrenalectomy)
- Remove the prostate gland (called a radical prostatectomy)



What is laparoscopic urology surgery?

'Surgery' usually means the doctor doing the surgery (the surgeon) makes one long cut through the skin (called an incision). The surgery is done through that opening. Instead, you are having surgery using a special procedure called laparoscopy (sounds like lap-ah-row-skop-ee).

To do this, the surgeon makes 3 to 5 small incisions in the center and side of your abdomen. Through one of these incisions, the surgeon inserts a tiny camera (called a laparoscope) so the area can be seen on video monitor. The surgeon completes the surgery using different long skinny tools inserted through the other small incisions.

There are times when the surgeon needs to complete the surgery using a longer incision. In the case of removing a kidney, a longer incision (6 cm. or 2.5 inches) is needed to get the kidney out of the body. You might need a larger incision if the area of surgery is not easily seen with the laparoscope or if there are problems such as bleeding during surgery. The surgeon chooses what is best for you during the surgery.

The advantages of this type of surgery:

- ✓ Your stay in the hospital is shorter.
- ✓ You recover faster.
- ✓ You have smaller incisions.
- ✓ You have less pain.

Before the surgery

Plan to be in the hospital for 1 to 3 days after the surgery.

Follow the general instructions we give you for preparing for surgery.

After the surgery

For the first 24 hours, you drink only fluids. After 24 hours, you return to your regular diet.

You have a urinary catheter in place for 1 to 2 days to drain your urine. If you had surgery to remove your prostate, the catheter stays in place for 10 to 14 days.

If you feel any pain, ask your nurse for some pain medicine.

Caring for yourself at home

You will have small, adhesive strips on your incisions but might not have any bandage. These can be left on until they fall off on their own. If the adhesive strips have not fallen off after 7 days, take them off while you are taking a shower (they come off easier when they are wet).

You can take showers. Wait 2 weeks before you take a bath.

To relieve pain, take plain acetaminophen (Tylenol or store brand) or ibuprofen (such as Advil, Motrin, or store brand) as directed.

If you work, you can probably go back to work in 2 to 3 weeks. Your surgeon will confirm this with you.