








AFTER YOUR KIDNEY DONOR SURGERY: NEXT STEPS

	Day Before Surgery	Morning Before Surgery	Evening After Surgery	1 st Day After Surgery	2 nd Day After Surgery To Discharge Day
<div><p>Nutrition</p></div>	<p>Do not eat after midnight.</p>	<p>Drink ClearFast 2 hours before surgery. Do not eat or drink anything else, including gum or mints.</p>	<p>Drink clear liquids or ice chips.</p>	<p>You may drink clear liquids. You may eat light foods and small meals when you feel ready. (Room service 662-4644)</p>	<p>Continue to eat light foods and small meals.</p>
<div><p>Activity</p></div>	<p>Stay active. Walk.</p>		<p>Sit up in chair for 3 meals, more if comfortable.</p>	<p>Sit up in chair for 3 meals, more if comfortable. Walk the hall at least 3 times, with the help of staff.</p>	<p>Continue to walk the hall at least 3 times.</p>
<div><p>Equipment</p></div>			<p>Use incentive spirometer. IV with fluids and oxygen, if needed. Urine catheter removed.</p>	<p>Use incentive spirometer. IV fluids stopped. Leg compression sleeves.</p>	<p>Use incentive spirometer. If leg swelling, use compression sleeves.</p>
<div><p>Medication & Pain Control</p></div>	<p>Take usual medicines as directed.</p>	<p>Take your usual medicines as directed at your pre-op visit.</p>	<p>Pain medicine given during surgery. When able, scheduled pain, bowel and anti-nausea medicines by mouth. Narcotics only for breakthrough pain.</p>	<p>Scheduled pain, bowel and anti-nausea medicines by mouth. Narcotics only for breakthrough pain.</p>	<p>Pain and bowel medicine by mouth, if needed. You will receive a list of medicines and instructions on how to take them before you get discharged.</p>
<div><p>Hygiene</p></div>	<p>Shower or bathe in evening with disinfectant soap (Hibiclens or Dial).</p>	<p>Shower or bathe with Hibiclens in the morning before your surgery.</p>	<p>Wash with warm washcloth.</p>	<p>Wash with warm washcloth.</p>	<p>You may shower. No tub baths until your physician approves. Gently pat your wounds dry.</p>
<div><p>Education</p></div>	<p>Review your list of medicines, the Patient Bill of Rights, breathing exercises, and pain control.</p>	<p>Will see Living Donor Coordinator and surgical team.</p>	<p>Living Donor Advocate, Transplant Social Worker, and Registered Dietician will meet with you.</p>	<p>Living Donor Advocate, Transplant Social Worker, and Registered Dietician will meet with you.</p>	<p>Living Donor Advocate, Transplant Social Worker, and Registered Dietician will meet with you.</p>
<div><p>Discharge Planning</p></div>	<p>Talk with your support system to have discharge home plan in place.</p>	<p>Talk with your support system to have discharge home plan in place.</p>	<p>You will be transferred to post-surgical unit after surgery. You and your family will be reoriented to picture pathway.</p>	<p>Members of your care team will gather and meet with you and your family to discuss your care plan. Discharge plan finalized.</p>	<p>Attend follow up visit in 2 weeks at Transplant Center. Telehealth available.</p>

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After Your Living Donor Nephrectomy — The First Two Weeks at Home

This information will help you know what to expect after your surgery and how to care for yourself at home over the next two weeks. Your nurse or physician can help answer your questions and guide you through the schedule that works best for you.

Activity

- ☐ It is normal to feel very tired after surgery.
- ☐ Stay active, but increase your activity slowly.
- ☐ Allow for rest times or naps between activities and meals.
- ☐ Go for walks.
- ☐ Change positions between sitting and standing. Avoid sitting or standing for long periods of time.
- ☐ Follow these instructions for lifting.
 - 0-2 weeks after surgery- Do not lift anything.
 - 2-4 weeks after surgery- Do not lift anything over 20 pounds.
 - 4-8 weeks after surgery- Do not lift anything over 30 pounds.
 - 8-12 weeks after surgery- Do not lift anything over 40 pounds.
 - After 12 weeks- Gradually increase how much you lift.
- ☐ **Do not** drive until you have not taken pain medicine for at least 24 hours.

Nutrition

- ☐ Eat your normal diet.
- ☐ Drink plenty of fluids.
- ☐ Eating 6 small meals is easier than 3 large meals.
- ☐ To prevent constipation, eat plenty of fruits and vegetables.
- ☐ **Do not** drink alcohol while on narcotic pain medicine.

Medicines

- ☐ Start taking your regular medicines again.
- ☐ Take your pain pills, if needed.
- ☐ Use bowel regimen if you are taking narcotic pain medicine.
- ☐ Call the Transplant Clinic if you have any questions about your medications.

Hygiene

- ☐ Your incision is closed with Dermabond. Do not touch or peel it. It will come off on its own within 2 weeks.
- ☐ Keep incisions clean and dry.
- ☐ You may shower. Pat your incisions dry afterwards.
- ☐ **Do not** take a bath, swim, or submerge in water for 30 days.

Follow-Up Care

- ☐ Call the Transplant Clinic if you have any questions or concerns.
- ☐ Go to your scheduled appointment with your transplant doctor at the Transplant Clinic. Telehealth is available.

For More Information

Maine Transplant Program
207-662-7180

