

LAPAROSCOPIC ROBOTIC/OPEN NEPHRECTOMY (RADICAL OR PARTIAL)

What is a Nephrectomy?

A Nephrectomy is the removal of a kidney. Radical Nephrectomy is the complete removal of a kidney to remove a cancer.

Partial Nephrectomy is when a segment of the kidney is removed.

Laparoscopic **Robotic** Nephrectomy uses a 'keyhole' approach, using specialised surgical instruments and cameras to operate on the kidney through small cuts. 4-5 small cuts (or incisions) approx. 1cm across, enable the body to recover more quickly than traditional open surgery, which requires a large incision.

Open Nephrectomy is performed when the tumour is very large and/or possibly invading the major vessels, such as the IVC. For the open procedure, the incision is closer to 15cm.

How is it performed?

For **Radical** Nephrectomy, the blood vessels are clipped to allow removal of the kidney safely and the kidney is then separated from other attachments. The kidney is placed into a bag while still inside your body and removed through a larger 10cm incision.

For **Partial** Nephrectomy, the vessels are clamped whilst the cancer segment is resected. The kidney is then repaired, and the vessels unclamped. The specimen is removed through a 4-5cm incision. An internal Ureteric Stent may be placed during the procedure (to prevent urine leak whilst the kidney heals). The Ureteric Stent is removed a few weeks later.

You will undergo a general anaesthesia (you are completely asleep). Generally, the procedure takes about 3 hours.

What to expect following surgery:

Robotic Nephrectomy requires 1-2 nights stay in hospital. For Open Nephrectomy, the recovery is slower due to the larger incision, so probably closer to 3-4 nights stay.

You may notice blood in your urine for a month post operatively. You may also have discomfort or frequency of urination (especially if you have a Ureteric Stent).

You will often be quite sore at the site of your abdominal wounds for a few weeks, less so for Laparoscopic procedures. Regardless, avoid heavy lifting for up to **one month** post-operatively (to prevent hernia!).

The Surgeon or Anaesthetist will prescribe pain relief medication. You may also require laxatives.

How can I help my recovery:

Take it easy for the first 2 weeks post-operative:

- Short, gentle works can aid your recovery.
- Drink plenty of water!
- You may shower normally.

Return to work depends on the type of work:

- For an office job, after 1-2 weeks.
- If heavy manual labour is required, one month off work is suggested.

When to seek help:

Please seek medical advice or contact the rooms:

- Severe pain at surgical site.
- Burning or stinging on urination (can be quite common if Ureteric Stent is inserted).
- Fever or chills.
- Spreading redness at incision sites.