

Home Care following Kidney or Partial Kidney Removal

What to expect

- Pain at the incision site is normal.
- There may be some redness at the incision but there should not be drainage.
- If your child has a surgical drain present you will be taught how to change the dressing and care for the area.
- Most children do not have any tubes or drains in when they go home.
- If a dressing is present it may be removed at one week following surgery.
- If your child has an internal stent (tube) this may cause your child to have to urinate frequently or have accidents.
- Your child may have blood in the urine that may last a few days.

Care of the Drain

- If your child has a drain, a little redness and drainage are normal where the tube exits the skin.
- If there is a drain present, antibiotic ointment should be applied three times a day.

Bathing

- If your child has no drain visible, then routine bathing is allowed.
- If a drain is present then sponge bath only until drains are removed.

Activity

- No roughhousing or tumbling for 6 weeks or longer if a tube is present. Limit your child's activity until the tube is removed or 6 weeks, whichever is longer.
- No gym class, no sports, and no lifting greater than 5 lbs including backpacks for 6 weeks following surgery.
- If your child had a laparoscopic surgery, activity may resume sooner. Ask your doctor.
- You should still put your child in their car seat normally following surgery.

Diet

- Your child may eat a normal diet. Your child may prefer smaller meals following surgery and this is okay.
- Encourage your child to drink plenty of water, juice, and milk.

- Your child should have bowel movements (poop) within two days after leaving the hospital. Give your child juice, fruit and vegetables so that they do not get constipated (cannot have a bowel movement). Your child should not strain or push when trying to have a bowel movement. If they do not have a bowel movement within two days after leaving the hospital then you may give a child's glycerin suppository in their bottom, (rectum). You can buy these at the drug store without a prescription.
- You can also use Miralax as directed to help with bowel movements. This can be used in addition to the suppository.

Medications

- If a pain medication is prescribed for your child give it to them for severe pain only. This medication is usually not needed after one to two days after surgery. If the pain is less severe, using Tylenol and Motrin may help. It is okay to give Motrin with the prescription pain medication **but it is not okay to give Tylenol with the prescription pain medication since both medications contain Tylenol.**
- Continue to take your antibiotic if prescribed until your doctor tells you it is safe to stop.

Things to Check For

- Blood clots in the urine
- Oozing of blood or bleeding from the incision
- Bad odor in the urine or incision
- Pus

When to Call

- If no bowel movement for 2 days following discharge from the hospital.
- Swelling, redness, pus or concerns for infection at the site of surgery.
- Chills or fever over 101F.
- Pain not controlled with the pain medications.
- Urine that is like dark red wine or there are clots bigger than a dime in the urine.

How to Reach Us

- **Non urgent** general questions during weekdays call the Pediatric Urology Clinic, from 8:30am-4:30pm at **503-494-4808**.
- Evenings, weekends, and holidays, call the hospital operator 503-494-8311. Ask for the pediatric urology resident on call.