

WHEN CAN I EXERCISE?

- Walking is encouraged after surgery but rest is also important in the first two weeks.
- Slowly restart your normal activities but rest when you are tired or having pain.
- Do not do any heavy lifting or tiring exercises for 6 weeks. This includes stretching and yoga.
- Do not play any physical contact sports (such as football) until 3 months after surgery.

WHEN CAN I GO BACK TO WORK?

This depends on the type of work you do. If your work involves physical labor you may have to be off work for 6 – 8 weeks. If you have a 'desk job' you may return to work 3 – 4 weeks after surgery. Talk to your surgeon about your return to work.

SEEK MEDICAL HELP WHEN:

- You have chills and a fever. A fever is a temperature of more than 38.5 C (101.3 F) when taken by a thermometer in your mouth.
- Your bandage has large amounts of bright red blood.
- You cannot stop vomiting (throwing up).
- You have increased or constant pain that is not relieved by prescribed pain medication.
- You have swelling, pain, aching, and redness in your lower legs (calves).
- You are unable to pee for more than 8 to 10 hours.

CONTACT INFORMATION:

Monday-Friday 0800-1600: Living Kidney Donor Program.

Donor Nurses: 604-806-9027 Toll Free: 1-877-922-9822 Social

Worker: 604-806-8987

After hours and weekends: St. Paul's Hospital switchboard: 604-682-2344 (Ask for the Transplant Surgeon on call). **If you cannot get a**

hold of your surgeon and need help urgently, call 911 or return to SPH emergency department.



ST. PAUL'S HOSPITAL

PROVIDENCE HEALTH CARE

After Your Kidney Donation

YOUR FOLLOW UP APPOINTMENT WITH OUR SURGEON IS:

Date and Time: _____

Please come to unit 6A and check-in at room 6006. The surgeon will meet with you to check on your progress. You will be given paperwork (a requisition) to give your blood and urine samples at a laboratory. *(If you are not going to be in Vancouver at this time, please make an appointment to see your family doctor on or around this date).* If you will be unable to attend this appointment, please call our Program Assistant at 604-806-9944, and we can make other arrangements.

WHAT ARE THE COMMON COMPLAINTS AFTER SURGERY?

REDUCED ENERGY

You may have lowered energy levels for up to 2-3 months after surgery. Your previous energy levels will return to normal.

CONSTIPATION

- This can be caused by some pain medications.
- To prevent constipation:
 1. Eat fiber foods such as fruit, vegetables and whole grains.
 2. Drink 6 to 8 glasses of water a day.
 3. Slowly increase your activity.
- For constipation you can use stool softeners (such as docusate) or a mild laxative (such as lactulose).

PAIN

- You will have pain or discomfort after surgery.
- Numbness or tingling around the incision is normal.
- Shoulder and neck pain may be caused by the gas that was put into your body during surgery. This pain is normal and will go away.
- You may need to take pain medication. If you are given a prescription, take as directed by the Doctor.
- Do not worry about becoming addicted to your pain medicine. People only become addicted if they take their pain medicine for reasons other than to control pain.
- If you only have pain when doing certain activities (such as walking) take the pain medication 30 minutes before that activity.
- Any long term use of Non-Steroidal Anti-Inflammatory Drugs (ex. Ibuprofen, Aspirin) should be discussed with your family Doctor.
- Call the Living Kidney Donor Nurse if:
 - ! Your pain and numbness gets worse or does not get better.

SWELLING

In men, it is common for some swelling around the testicle on the side of the kidney that was removed. This is not a medical concern and will usually resolve over time.

HOW TO TAKE CARE OF YOUR INCISION?

- Your incision (cut) will be covered with tapes called steri – strips and a dressing (bandage).
- Try to keep these tapes dry – but showers are allowed.
- If they fall off - they do not need to be replaced.
- If they have not fallen off by 2 weeks you can take them off.
- For comfort, you may want to cover your incision and steri-strips with a bandage.
- Call the Living Kidney Donor Nurse if there is:
 - ! Swelling with redness or oozing from any of the incisions.

WHEN TO SHOWER OR BATH?

- You can have a shower the third day after surgery unless your doctor/nurse tells you differently.
- You can take a bath after your incision is closed – usually about a month after surgery

WHAT TO EAT?

- You will be able to return to your regular diet after discharge from hospital.
- **If you have nausea** (feel sick to your stomach):
 1. Don't eat foods that cause gas such as beans, carbonated drinks, broccoli, cabbage etc.
 2. Eat smaller meals throughout the day.
 3. Eat bland foods such as plain crackers, toast, soup, bananas, etc.
 4. Sip clear fluids such as flat ginger ale.

WHEN CAN I DRIVE?

You can drive when you are no longer taking any pain medication and not in pain when sitting. This may be as early as 10 days after surgery.