

I came to the hospital on \_\_\_\_\_ and left on \_\_\_\_\_

I came to the hospital because \_\_\_\_\_



## How I may feel and what I should do

### These symptoms are **normal**

#### I may feel pain

- I may feel some pain and swelling after surgery.
- I can use an icepack to help with pain and swelling.
- I should speak with my pharmacist about using Tylenol Extra Strength.

I **can't** drive or drink alcohol while taking narcotic pain medication. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.

#### I may feel constipated

- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water and eat lots of fruits and vegetables.
- I **shouldn't** strain or push too hard when having a bowel movement.
- I can take a stool softener like Senokot if I haven't had a bowel movement in 2 days. I should ask my pharmacist if I need advice.

#### I may feel tired

- I should rest when I'm tired. Pain medication can make me feel sleepy.
- I should have someone stay with me for 24 hours after my surgery.
- I **can't** drive or drink alcohol for at least 24 hours after I've left the hospital.

#### I may not feel hungry

- I should eat smaller meals and snacks more often.
- I should drink lots of fluids often to avoid a blood clot

### My notes

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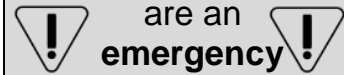
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### These symptoms are **not normal**

- My temperature is over 38.0°C or I have chills.
- Large amount of blood in urine
- I have pain that doesn't get better when I take pain medication.
- I have leaking of large amounts of fluid from the kidney tube site for more than 48 hours.
- I **can't** urinate within 8 hours of my surgery, even if my bladder feels full.

I need to **call my surgeon** or go to the nearest **emergency department** if I can't reach my surgeon.

### These symptoms



are an **emergency**

- I have trouble breathing.
- I have chest pain.

I need to **call 911**.



## How I should care for my incision

### If I have steri-strips (small strips of paper tape on my incision)

- The steri-strips should fall off on their own in 7-10 days.
- If they haven't fallen off on their own, I can gently remove them in the shower after 10 days.
- **If I have a clear (tegaderm) dressing (film dressing with a cotton pad)**
  - Monitor dressing and change it every 2-3 days for 7 days or when spoiled

### About my ureteric stent: I am leaving the hospital with a ureteric stent

- A ureteric stent is a thin latex-free plastic tube that sits inside the ureter (the tube from the kidney to the bladder).
- A ureteric stent allows urine to drain freely.
- A ureteric stent is usually removed by the surgeon at follow up appointment within 2 weeks after surgery. Otherwise, call the doctor as it **MUST** be taken out or replaced within 3 months.

## How my activities will change

### Showering

- I can shower 24 hours after my surgery.

### Daily activities.

- I should practice deep breathing to keep my lungs healthy.
- I should be active to help me gain strength and feel better.
- I should go for walks often. I should rest and take a break when I need one.
- If I need to take a long car ride, I should stop and walk every 1-2 hours.

### Eating

- I can eat normally after my surgery.

### Taking medications

- I should follow the instructions on my medication bottle.
- I should take my regular medications, unless my surgeon has told me not to.

## My notes

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## My medications

- I was given a list of medications I need to take.
- I was told why I need to take my medications.
- I was told about the side effects of my medications.



## My appointments

- I was given a list of my appointments.
- Someone reviewed my list with me.

## Where I can go for more information

For information about...

I can call or go to...



March 2024

