

After Your Partial Kidney Removal

Urologist: _____

Clinic phone: _____

After Your Partial Kidney Removal

What is a partial kidney removal?

- This surgery is called a **partial nephrectomy**.
- During this surgery, part of your kidney is taken out. This may be because of a tumour or abnormal tissue.
- This surgery is minimally invasive. This means that your surgeon will make smaller incisions (cuts) or no incisions at all. You will likely recover faster than if you had open surgery with a large incision.

Why do I need this surgery?

- You may need this surgery if you have a kidney tumour or a small mass (growth) on your kidney that may be cancer.
- Your urologist (urinary tract specialist) has decided that the tumour or growth can be taken out without taking out your whole kidney.
- Keeping part of your kidney lets it keep working as it should.

After your surgery

- You will likely stay in the hospital for 1 to 3 days.
- You may have a drain (flexible, plastic tube) near where the surgery was done. This will be taken out at your follow-up appointment with your urologist.
- You may have a catheter (thin, flexible tube) in your bladder to help you urinate (pee).
- You may see some blood in your urine (pee). This should go away on its own.
- It is normal to feel very tired, sore, and bloated for a few days.

Activity

- Moving your body after surgery can:
 - › Help your body heal
 - › Prevent complications
 - › Help you get stronger
- Most people can go back to work 2 to 4 weeks after surgery. Talk with your surgeon about what is right for you.

- **For 4 to 6 weeks after your surgery:**
 - › Walk as soon as you are able to after your surgery. Then walk often, as you are able.
 - › Take a break if you have trouble breathing or feel dizzy. Then try again, more slowly. Ask someone to help you walk, if needed.
- **Do not** lift anything over 10 pounds (like groceries, laundry, children).
- Avoid strenuous (hard) activities (like shovelling, vacuuming, sports).

Medications

- To manage your pain after surgery, take pain medication as directed by your urologist.
- Pain medications can cause you to become constipated (not able to poop). Take a stool softener as needed.
- **Do not** drive while taking pain medication.



Caring for your incision

- Keep your incision clean and dry.
- **For the first 48 hours (2 days) after your surgery:**
 - › **Do not** take a shower, have a bath, or put your incision underwater.
- **Do not** take a bath, swim, or use a hot tub until your incision is fully healed.

Eating and drinking

- Drink lots of water (8 to 10 glasses a day) unless you have been told not to because of another health condition.
- Eat small meals at first. You may go back to your usual eating habits as soon as you can tolerate (handle) it.
- Eating foods that are high in fibre (like fruit, vegetables) can help with constipation.

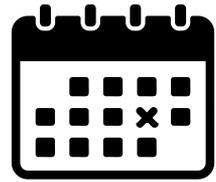


Call your urologist or your primary health care provider (family doctor or nurse practitioner) if you:

- › Have a fever (temperature above 38 °C or 100.4 °F) or chills
- › Have pain in your back or abdomen (stomach area) that does not get better after taking pain medication
- › Have pain or swelling in either leg
- › Have more redness, swelling, or pus at the incision(s) site
- › Have dark or thick red urine that is hard to see through
- › Have nausea (upset stomach) or vomiting (throwing up)
- › Are not able to eat or drink
- › Cannot pee

If you cannot reach your urologist or primary health care provider, go to the nearest Emergency Department right away.

Follow-up care



- You will have a follow-up appointment at the Urology Clinic to:
 - › Have your incision(s) checked
 - › Have your drain checked (if you have one)
 - › Go over the results from the tumour or growth that was removed during your surgery
- You may also have other appointments or tests booked to check how well your kidney is working.
- **Keep all appointments with your primary health care provider and urologist.** This will make sure you are checked often for kidney issues and/or cancer.
- Try to follow a kidney-friendly lifestyle:
 - › Drink enough fluids
 - › **Do not** smoke
 - › Limit the amount of salt you eat
 - › Avoid taking NSAID medications, like ibuprofen (Advil®) or naproxen (Aleve®)

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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