

After Your Renal Mass Ablation (RMA)

Urologist: _____

Clinic phone: _____

After Your Renal Mass Ablation (RMA)

What is a renal mass ablation (RMA)?

- This procedure is done to treat small kidney tumours. It uses heat or cooling to destroy cancer tissue without removing your kidney.
- RMA is very effective (works well) for small tumours.
- This procedure 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 procedure?

- You have a small (usually smaller than 4 cm wide) kidney tumour.
- You and your urologist (urinary tract specialist) have decided that RMA is the best way to remove the tumour while keeping your kidney working.

What will happen before the procedure?

- RMA is usually done under:
 - › **Conscious sedation:** You are awake during surgery, but comfortableor
 - › **General anesthesia:** You are asleep during surgery
- You may need to have tests to make sure it is OK for you to have the procedure. Depending on your other health conditions, these tests may include:
 - › Blood tests
 - › An electrocardiogram (ECG/EKG)

What will happen during the procedure?

- Your urologist will use a CT or an ultrasound to find the right place in your kidney.
- They will make an incision, then insert (put in) a small probe through the incision into the tumour.
- The probe will deliver heat or cooling to destroy the tumour cells.

After your procedure

- You may go home on the same day or stay overnight in the hospital, if needed.
- You will have mild pain or soreness at the incision site (where the probe was put in).
- You will likely be very tired and/or have body aches for a few days.
- You may have a small dressing over the incision.
- You may see some blood in your urine (pee) for 1 to 2 days. This should go away on its own.

Activity

- Rest for 1 to 2 days.
- **For 7 days (1 week) after your procedure:**
 - › Avoid strenuous (hard) activities (like shovelling, vacuuming, sports).
 - › **Do not** lift anything over 10 pounds (like groceries, laundry, children).
- Most people go back to their usual activities about 7 days after their procedure.

Medications

- If you have pain, take acetaminophen (Tylenol®) or ibuprofen (Advil®). Follow the instructions on the package.
- 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.
- Drink lots of water (8 to 10 glasses a day) unless you have been told not to because of another health condition.



Caring for your incision

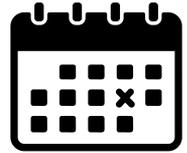
- Keep your incision clean and dry.
- You may shower 24 hours (1 day) after your procedure.
- **Do not** take a bath, swim, or use a hot tub until your incision is fully healed.

Call your urologist or 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 very bad pain or pain that does not get better after taking pain medication
- › Have more redness, swelling, or pus at the incision site
- › Have dark or thick red urine that is hard to see through
- › Cannot pee
- › Have nausea (upset stomach) or vomiting (throwing up) that does not go away

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

Follow-up care



- You may have:
 - › A CT or an MRI in 3 to 6 months to see how well the RMA worked
 - › Other scans or tests to check how well your kidney is working
- A small number of people will need a second procedure.
- **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.

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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