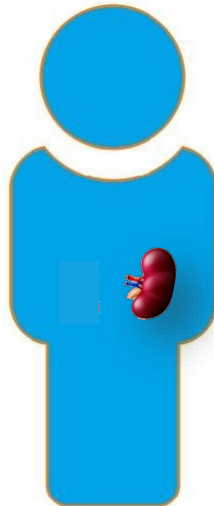


Donor Nephrectomy

Physiotherapy advice for patients



Everybody's recovery is different, but this leaflet provides information about what you can expect and some targets for you to work towards after your operation.

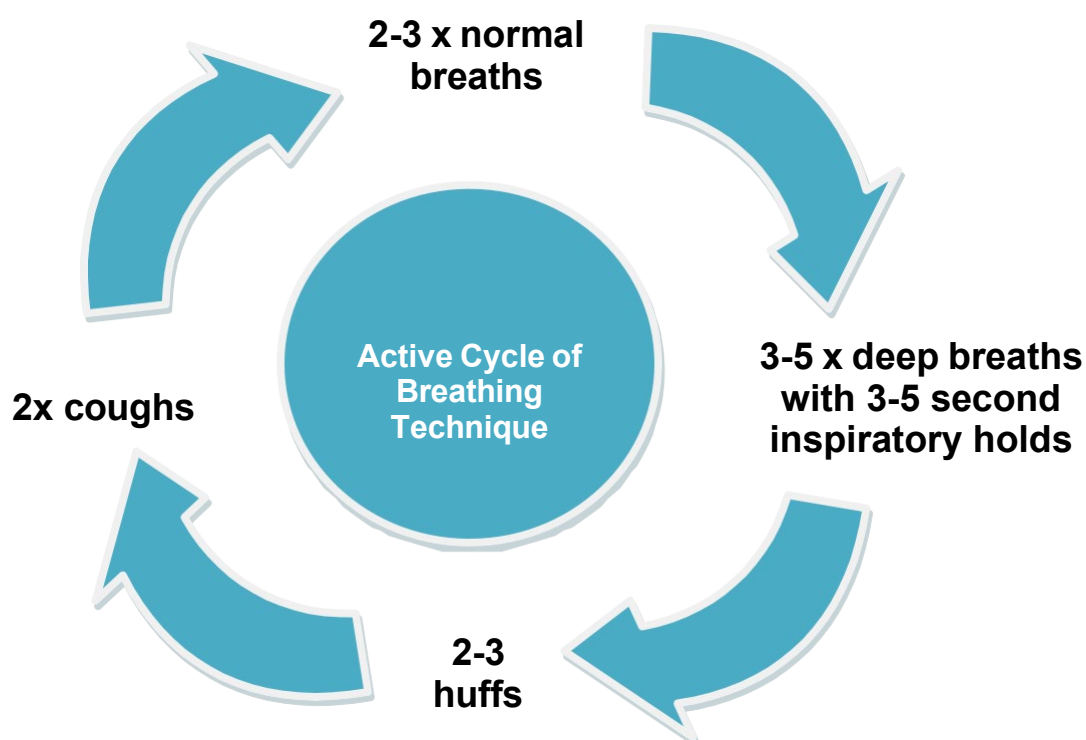
After your operation your body needs time to heal. However, during this recovery period it is important that you keep as active as you can to prevent blood clots, protect your lungs and help your bowels to work.

Breathing exercises after your donor nephrectomy

It is important to keep your lungs clear after the surgery to prevent chest infection. We suggest you familiarise yourself with The Active Cycle of Breathing Technique (ACBT) before surgery as this will enable you to assess if you can breathe properly after surgery. The ACBT consists of breathing exercises:

- breathing control (normal breathing)
- deep breathing with end of breath holds (inspiratory holds) 3-5 seconds
- huffing and coughing.

A rolled-up towel held against your wound will help while doing this. You should perform these exercises every 2 hours. Please do not hesitate to ask your nurse for additional pain relief if the deep breathing exercises and coughing causes pain.



Watch ACBT here with thanks to NHS Greater Glasgow and Clyde Physiotherapy:
www.youtube.com/watch?v=qpzJmjtir08



Your journey after surgery

Day 0 - post surgery

- Aim to sit up in bed. You can sit out if you feel comfortable. Please continue with your breathing exercises to keep your lungs clear after surgery. Please ask for additional analgesia if you cannot take deep breath or cough due to pain.

Day 1 - post surgery

- Continue with regular deep breathing exercises. If necessary, the staff nurse looking after you will help you to get out of bed and mobilise short distances. Aim for 4-6hrs in chair, 20 meter and 40 meter walk.

Day 2 - post surgery

- Continue to mobilise independently. We will encourage you to become more independent and to get dressed. Aim for: 6hrs in chair, 4x60-100 meters walk

Day 3 - post surgery

- Keep up with the good work! Aim for discharge home. Remain active and increase the amount you do each day.

Approximately 24 hours after the surgery, you may encounter some common abdominal discomfort (bloating, cramps) and referred shoulder-tip pain. These symptoms are nothing to worry about and should pass after a day or so (can last up to 3 days).

Tips for coping with referred shoulder-tip pain include:

- use of post-operative analgesia
- easy shoulder exercises like shoulder shrugs
- alternating between lying flat or on your side and walking around
- applying a heating pad to the affected shoulder
- consumption of hot liquids such as tea.

Contact your medical team if the pain becomes more severe or persists beyond a few days.

After you leave hospital

We hope that your stay in the hospital will be no more than 2-3 days and that you will continue your recovery at home.

You can get back to enjoy your hobbies and activities gradually as pain and comfort allows, this will benefit your recovery. Try to stay mobile on a daily basis, avoiding prolonged periods of inactivity and gradually increase activity until you are back to normal level of fitness and comfort.

Please remember within first 4 weeks after surgery:

- Avoid lifting heavy objects
- Avoid movements such as twisting that may put undue pressure across your abdomen.

Smoking and surgery

If you are a smoker it is important you make every effort to stop prior to your donation surgery. Smoking significantly increases the risk of chest infection and breathing difficulties after surgery. Ask your GP for advice on smoking cessation or call the 'Quit your way' helpline on 0800 84 84 84.

