

Recovery From a da Vinci Robotic Pyeloplasty for Ureteropelvic Junction Obstruction

What should I expect?

When you wake from surgery you will have small incisions in your abdomen, a small drain tube from one of the incision sites, and a foley catheter

You will stay in the hospital typically one night. The day after surgery your bladder catheter will be removed and then your abdominal drain is typically removed several hours later. This sequence insures we do not have any leakage from the connection of the renal pelvis and the ureter.

You will have a stent that crosses the connection point from the ureter and the renal pelvis. You will go home with that stent in place. The stent is typically removed 3 weeks after surgery.

Taking Care of Your Incisions

Your incisions are covered by skin glue (e.g., Dermabond) and you can shower normally. Do not soak in a tub bath for 7 days after surgery. Bruising Around the incisions is normal and the bruises will heal over time. Ice to the incisions helps with comfort. Occasionally the incisions will drain a clear fluid.

Pain Control

You can expect to have some pain that may require pain medication for a few days after discharge. Most patients do well with acetaminophen and ibuprofen. Some patients need narcotic pain meds for a few days only.

Do I have any dietary restrictions?

There are no specific dietary restrictions. You may resume a normal diet at home. You may experience some bloating, constipation, and may not have a normal appetite for a few weeks. This is not uncommon. Drink plenty of fluids to stay hydrated. You may take a stool softener, Miralax, or an enema as needed for more severe constipation.

Bladder Spasms and Blood in Urine:

Bladder spasms are typically associated with a sudden onset of lower abdominal discomfort, a strong urge to urinate or with sudden leakage of urine. Bladder irritability is common from the stent. Ibuprofen helps with mild bladder irritability. Please call us if you are having severe spasms.

Blood in the urine is also common. Pink-cranberry tinged urine or the occasional bright red drops at the beginning or end of urination or with a bowel movement is normal.

When should I resume my home medication and blood-thinning medications?

If you had been taking Coumadin, Plavix, Aspirin or other blood thinners, you may resume those two days (48 hours) following the surgery. All other home medications can be restarted directly after surgery. Please be aware that some patients will have adjustment in medication after surgery.

Do I have any activity restrictions?

You should avoid any strenuous activity and lifting over 30 pounds for 4 weeks after the operation. This includes activities such as golfing, tennis, joggings, stretching etc.

What is a stent?

A stent is a long, thin plastic tube that runs from the kidney to the bladder. It allows the kidney to drain and protects the kidney from blockage, swelling, and infection.

What is expected while the stent is in place?

While the stent is in place you may have back or side pain, bladder pressure or pain, frequent urination, urgency to get to the bathroom and blood or blood clots in your urine. These symptoms may worsen during urination.

When do my stents come out?

Stents are **temporary** must be either removed usually 3 weeks after the operation. This will be done at your follow up visit. It involves placing a small camera in the bladder, grasping, and then removing the stent. This procedure is short and not typically painful.

Foley Catheter Care:

Infrequently patients are discharged home with a Foley catheter that will stay in place for a couple of days. Your nurse will teach you how to care for your Foley at home but below are a few things to remember:

When Should I Call Your Office or Seek Immediate Medical Attention?

- Fevers (greater than 101F)
- Inability to urinate
- Vomiting
- Swelling or redness at the incision site
- Chest pain or shortness of breath
- Heart palpitations
- Leg swelling
- Pain that is not well controlled by the medications provided to you
- **If you are having any of these issues, please visit your nearest Emergency Room.**

Whom should I call?

A physician or staff member is available 24 hours per day, 7 days per week. You should call our main office line at (651) 999-6800.

Good luck on your recovery,

Dr Brandt