



**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

## NEPHRECTOMY

### Home education

1. The personnel in the ward will explain the necessary care and procedures upon discharge
2. Medication to take home, must be completed
3. Avoid constipation
4. Avoid lifting heavy objects
5. Maintain high fluid intake and healthy diet
6. Monitor wound site for any swelling, redness or bleeding
7. Avoid contact sports
8. Encourage leg and respiratory exercises to prevent deep vein thrombosis
9. Report any abnormalities to your doctor such as: temperatures higher than 38°C; blood in urine or any problem with voiding; nausea/vomiting
10. Attending your follow-up appointment is very important.

Cnr Grosvenor & Pretorius St, Hatfield  
Pretoria, 0083, South Africa  
P.O Box 13271, Hatfield, 0028  
Tel: (012) 423 4000 Fax: (012) 342 1233  
Email: [urology@urology.co.za](mailto:urology@urology.co.za)

[www.urology.co.za](http://www.urology.co.za)