

Enhanced Recovery Programme

Urology

Laparoscopic/Robotic Partial/Radical Nephrectomy

This information leaflet aims to help you understand the Enhanced Recovery Programme and how you can play an active part in your recovery

Partial nephrectomy is the standard treatment for small renal masses. Radical nephrectomy is the removal of the entire kidney. Currently both are performed using minimally invasive approaches, including laparoscopic and robot-assisted techniques.

What is Enhanced Recovery?

Enhanced recovery after surgery (ERAS) is modern evidence-based method designed to help people recover more quickly, after major surgery. The aims of enhanced recovery programme is to ensure that patients are:

1. As healthy as possible before receiving treatment.
2. Receive the best possible care during their operation.
3. Receive the best possible care whilst recovering.

Having an operation can be very physically and emotionally stressful, so enhanced recovery programmes try to get the patient back to full health as quickly as possible. Research has consistently shown that the earlier a person gets out of bed and starts walking, eating, and drinking after having an

operation, the shorter their recovery time will be.

The enhanced recovery programme can be divided into three clear sections: Before your operation, the day of surgery and after surgery.

ERAS ensures that:

- You are in the best possible condition before your operation. Identifying and managing any existing health concerns is important and is best done by your GP prior to referral.
- You have the best possible management during and after your operation to reduce pain, tummy problems, and mobility difficulties by using appropriate anaesthetic techniques, fluid and nutrition management and keyhole surgery techniques where appropriate.
- You experience the best post-operative recovery. This enables early recovery and discharge from hospital by way of good planning, early nutrition and getting out of bed and moving around as soon as possible.

As part of this programme, you will be given a daily diary to fill in so that you can monitor your day-to-day progress. This is attached at the end of the leaflet.

You can also use this as a way of feeding back information about your recovery as we encourage suggestions of how we can improve the service we provide.

Before Your Operation (Pre-Operative)

Your body needs plenty of nutrients to recover from an operation. You will not be able to

eat solid food for 6 hours before your operation. You will be able to have clear fluids up to 2 hours before your operation.

You will be given carbohydrate-rich drinks to take the night before and on the morning of your operation. The pre-op assessment nurse will advise you when to take these drinks.

Carbohydrates are a valuable source of energy which you will be able to use during and after your operation. They also improve your tolerance to food and drink after your operation.

Diabetic patients will not be given carbohydrate drinks as they can affect blood sugar levels.

However, if you are a diabetic the surgical team will discuss with you your blood sugar levels and your diet. It is important that you let us know if you are feeling unwell during the week before your planned admission date. If you have a cough, or taking antibiotics for any infection,

please contact your consultant's secretary on the number at the end of this leaflet. They will pass the message on and advise you of what to do next.

On the Day of Your Operation

You will usually come into hospital on the day of your operation, unless told otherwise. You will be admitted to day surgery unit at Addenbrooke's Treatment Centre (ATC). Please bring all your medications with you. You will be seen by the Surgeon and written consent will be obtained if not previously taken. You will be seen by an anaesthetic doctor, who will assess and discuss your anaesthetic needs and pain relief options. We will ask you to wear compression stockings to prevent blood clots.

After Your Operation (Post-Operative)

It is important that your pain is well controlled to enable you to mobilise after the operation, breathe deeply, eat, drink, and sleep well, all of which will aid your recovery. Please inform the nursing staff if you feel your pain is not under control.

Breathing exercise

You should start deep breathing exercises straight away after the operation. While doing breathing exercises try to sit as upright as possible and ensure your pain is well controlled.

1. Take a slow, deep breath in through your nose if possible.
2. Hold your breath for a count of three.
3. Gently breathe out through your mouth.

4. Repeat this three times. (avoid doing too many at once as this may make you lightheaded)

Aim to do one-to two sets of three deep breaths every waking hour.

Post-operative Day One

These are the aims:

You will be transferred to the urology ward to continue with your recovery.

- You will be helped to sit in your chair and to go for walks
- You will be discharged in the evening if you are medically fit, therefore it is important that you get moving as early as possible.
- If you have a drain fitted this will probably be removed today.
- Your urethral catheter will also be removed today, if you need to keep this for

longer then we will teach you how to care for your catheter at home.

Discharge from Hospital

You must wear the stockings for 28 days after your operation, so ensure you ask the nursing staff for a spare pair to take home.

You will have also been shown how to inject Dalteparin, which you will need to do for 28 days.

For you to continue your recovery in your own home you will need the support from your friends and family. They will play an important part in your recovery and can assist you with your shopping and household chores, as rest is also an important part of your recovery. Therefore, we do advise you to arrange this support in advance for when you go home.

Continue with the walking and the breathing exercises daily, gradually increasing the walking

distance as your recovery progresses. It is important that you have healthy balanced low-salt diet and drink 2 litres of water-based fluids each day.

As part of the Enhanced Recovery Programme, we offer a telephone follow-up service. You will be contacted by a nurse in the first 2 days following your discharge, and you might receive further contact if needed. You can report any problems or concerns and the nurse will advise you accordingly.

Acknowledgement

Robotic Surgery at Addenbrooke's has been made possible by equipment provided by Addenbrooke's Charitable Trust. Addenbrooke's Charitable Trust funds services where the NHS has no obligation and/or insufficient resources to do so. Our achievements are made possible by donations from patients and their families. If you would like more information about how you can support the charity, talk to any member of hospital staff, visit our Fundraising Hub opposite A&E or contact

hello@act4addenbrookes.org.uk



My recovery diary

My Admission Date

My Operation Date.....

My expected Discharge date....

My Consultants Name.....

My Specialist Nurses Contact details.....

Out of hours and Weekend Contact details.....

You are expected to be discharged on either day 1 or day 2 after your surgery.

Please tell us how we can support you to make this happen.

After Your Operation (Post-Operative) (tick if achieved)

I was able to sit up in bed	
I was able to complete breathing exercises	
I was able to have some water to drink	
My Pain score is (on a scale of 0 - 10, 0 being no pain and 10 being severe pain.	

How do you feel today?

Post- operative Day One

Please tick when completed

I was able to sit up at 06.00AM	
The Physicians Assistant (PA) took my bloods at 06.00AM	
I was able to complete the breathing exercises	
My catheter was removed at 6 AM	
I was able to walk at least 5x the full length of the ward	
I was able to drink	Water Squash Tea/Coffee

I was able to eat light food	
I was able to get changed in to my own clothes	
My drain was removed	
My Pain score is (on a scale of 0 - 10, 0 being no pain and 10 being severe pain.	
I have been told when I can go home	

How do I feel today?

Post-Operative Day Two

I was able to sit out myself at 7.00AM	
I was able to complete breathing exercises	
I managed to walk 5x full length of the ward	
I had my wound checked	
I have been informed of when to see practice nurses for wound check and removal of Staples	



We are smoke-free: smoking is not allowed anywhere on the hospital campus. For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169.

Other formats:



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<https://www.cuh.nhs.uk/contact-us/accessible-information/>

Document history

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