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RMS

Recovery After Robotic Kidney Surgery for a Tumour

Your doctor may call this: robotic radical or partial nephrectomy

A guide for patients and families

In the Hospital

Most people stay 1 to 3 nights and walk on the evening of surgery or the next morning. Most people live a normal life even with one kidney.

Cuts, Pain and Activity

- Shower from the next day and pat the cuts dry. No bath or swimming for 2 weeks.
- Shoulder pain from the surgery gas goes away in a day or two.
- Take pain medicines regularly at first, then less as you improve.
- Walk every day. Lift nothing over 5 kg and no sport for 4 to 6 weeks.
- No driving for about 2 weeks. Office work after 2 to 3 weeks.
- Avoid constipation from pain medicines.

After Partial Surgery

Pink urine for a few days is normal. Rarely, bleeding starts 1 to 3 weeks later: red urine, clots or new side pain need urgent care.

Looking After Your Kidneys

- Drink about 2 litres of water a day.
- Avoid anti-inflammatory pain medicines such as ibuprofen. Panadol is safer.
- Keep your blood pressure and blood sugar controlled.

Your Results

Dr. Saoud will go over the lab results 2 to 3 weeks after surgery. Regular blood tests and scans follow.

Call Us Straight Away If

- Your temperature is 38°C or higher, or you are shivering.
- Bright red urine, clots or new side pain, especially if you feel faint.
- A cut is red, hot, swollen or leaking.
- You are being sick, or your belly is swollen and painful.
- A leg is painful and swollen, or you have chest pain or trouble breathing: call 140.

Questions after your surgery? Call Dr. Saoud's clinic at AUBMC: 01-350000, ext. 5800. For an emergency, call 140 or go to the nearest emergency department.

This guide gives general information. Always follow the specific instructions that Dr. Saoud and your care team give you.

Recovery guide | October 2026