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Recovery After Removal of Retroperitoneal Lymph Nodes From the Belly

Your doctor may call this: retroperitoneal lymph node dissection (RPLND)

A guide for patients and families

In the Hospital

These lymph nodes lie deep at the back of the belly. Most people stay 3 to 5 nights after open surgery, fewer after robotic surgery.

Eating

- Eat small meals often. Bloating is common for a few weeks.
- You may be asked to eat low-fat food for a few weeks.
- Avoid constipation.

Cut, Pain and Activity

- Shower daily and pat the cut dry. No bath for 4 weeks.
- Walk more each day. Lift nothing over 5 kg for 4 to 6 weeks.
- No driving for 2 to 4 weeks. Full recovery takes 4 to 6 weeks.

Ejaculation

Erections and orgasm are not affected, but some men have little or no fluid at orgasm.

Your Next Visits

Dr. Saoud will go over the results and plan regular blood tests and scans.

Call Us Straight Away If

- Your temperature is 38°C or higher, or you are shivering.
- You are being sick, your belly is swollen, or you cannot pass wind.
- The cut is red, hot or leaking.
- 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.