

Urology Associates of Rochester

David P. Dever, M.D. Laurence A. Donahue, M.D. Melanie M. Butler M.D.
Brian Adcock, RPA-C, Paul Scheib, RPA-C,
Crystal Englert, MPAS, RPA-C Lindsay J. Short, MS, RN, FNP

Dear Pat FName :

Your Cryoablation of Renal Mass is scheduled at:

on

You will need to arrive at the Radiology Department on the ground floor of Rochester General Hospital at

Your pre-surgical testing is scheduled for at your/the .

PREPARING FOR SURGERY: THINGS YOU SHOULD KNOW

1. You will be admitted to the hospital the day of your surgery. You will be discharged when you are fully awake, alert, and taking fluids by mouth. Usually it is about two hours after your surgery.
2. If you are on **Coumadin, Plavix, or Aspirin** for coronary stents, you **must consult your Cardiologist or Primary Care Physician** for management and proper discontinuation of drug prior to your surgery. If you are on **Aspirin or Aspirin Products** for preventative measures, or drugs for **Arthritis or Inflammation**, please discontinue one week before the procedure. If you are on **Herbal Supplements** (anything that is not prescribed by a physician), please discontinue one week before the procedure.
3. If you take blood pressure, thyroid, or seizure medication, **please follow the instructions given to you at your Pre-Operative appointment on how to take these the day of your procedure.**
4. No eating or drinking after midnight the night before your surgery except for blood pressure or other medications as mentioned above.
5. No alcohol 24 hours prior to surgery.
6. You will be receiving anesthesia for your procedure and will meet with an anesthesiologist prior to surgery. **You are unable to drive, drink alcohol or sign legal documents for 24 hours after receiving anesthesia.**

INSTRUCTIONS: POST CRYOABLATION OF RENAL MASS

DIET:

1. It is okay to eat or drink whatever you want.
2. We encourage you to increase your fluid intake.

ACTIVITY:

1. It is okay to shower. **No bathing** until seen by the doctor.
2. It is okay to climb stairs when discharged from the hospital.
3. Walking is good exercise, which improves circulation. Do not over do it! Go easy at first and slowly increase the distance, as you feel better.
4. No lifting over 10lbs for 4 weeks and no strenuous activity for 4 weeks.

DRIVING: **No driving until seen in the office by the physician.**

MEDICATIONS: Please refer to the surgery medication list provided.

INCISION SITE: Observe the incision daily. Some redness and drainage at the incision site is normal. If you notice any increased redness, increased tenderness, purulent (puss like) drainage from the incision, and/or develop fever and chills, please call the office.

BOWELS: One should avoid straining during a bowel movement. You may be given a stool softener to promote regular bowel movements, or you may elect to use Metamucil, or add fruits and vegetables to your diet. Milk of Magnesia 30cc is recommended if your stools are hard or if you feel constipated.

FOLLOW-UP: Your follow up appointment is scheduled for N DShort at N Time in our N Loc Name office.

Please note: You will need to report to the office 10 minutes prior to your scheduled appointment time.

If you have any concerns, please call us at (585)232-2980.