Information for patients:

DaVinci-Robot-Assisted minimally-invasive excision of a renal tumour (while preserving healthy renal tissue)

Dear patient,

this brochure will inform you about DaVinci-Assisted Surgery preserving healthy renal tissue.

In your case a tumour of the kidney will be excised while preserving healthy renal tissue and using DaVinci-Robot-Assisted Surgical technique. The decision to use this surgical approach is made in accordance to your primary illness and kidney function and will be discussed with you personally.

We will discuss possible risks, complications and alternative treatment options personally and will keep record of your consent.

During this surgical procedure the renal tumour is removed, preserving healthy parts of the kidney. Small abdominal incisions are used to insert a camera and instruments into the abdomen. These instruments offer a three-dimensional view of the abdominal cavity. The DaVinci-Robot will be operated by the surgeon, thus not working autonomous. The DaVinci System serves to guide the surgeon's instruments and increase the precision of his work.

- **Course of action during your stay:**
  In general you will be transferred directly to your room after the surgical procedure. 4 to 5 days after the operation you will be able to leave our clinic without surgical drains. During your stay possible follow-up rehabilitating treatment will be discussed.

- **Surgical drains:**
  During the surgical procedure it can be necessary to insert a drain to prevent effusion within the wound. The surgeon will decide when this drain can be removed. Usually all drains can be removed within two days of surgery.

- **Urethral catheter:**
  During surgery a urethral catheter is inserted. This is a synthetic tube, which is inserted through the urethra to drain the bladder. In most cases it can be removed the first day after surgery.
• **Nutrition:**
  In most cases the return to a normal diet is started on the first day after surgery and continues step-by-step.

• **Cutaneous Sutures:**
  Surgical incisions are generally closed up with absorbable sutures. Removal of these sutures is not necessary.

• **Taking a shower:**
  You will be allowed to take a shower on the third day after surgery. Extensive showers should be avoided and after the shower your bandages will be changed by the nursing staff.

• **Thrombosis:**
  To avoid thrombosis you will receive a daily injection and antithrombotic socks. In some cases prophylactic injections can be necessary after having left the hospital. The doctor’s note you will receive on discharge will inform you about such measures.

- **What are you allowed to do and what do you have to consider after surgery?**
  - Please pay attention to regular and soft bowel movements.
  - Pharmaceuticals: Please inform the medical professional on ward about prescription drugs you are required to take regularly. Further it is possible that the doctor in charge will prescribe additional drugs during your stay or as follow-up treatment. These will be recorded in your discharge papers.
  - You will be allowed to take walks.
  - You will be allowed to drive a car.

- **What are you not allowed to do?**
  - **Physical stress:** It is important for you to protect yourself from physical stress for 6 to 8 weeks after surgery. This means avoiding heavy lifting of more than 5 kilograms. Additionally physical activity as in sports should not be exercised for 8 weeks after surgery. Excessive physical stress can disrupt the process of healing. After 8 weeks of rest you will be able to begin with physical activity at your own pace.

- **When are you advised to seek medical advice?**
  - In cases of fever, pain or swelling located around the wound or the genitals.
  - If your urine shows changes in colour or quantity, or you feel pain urinating.
  - If you have trouble breathing.
  - If your state of health worsens.
Nutritional advice after discharge:
We advise you to drink normal amounts, this meaning 2-3 litres of liquid daily. Additionally we suggest a balanced diet rich in fibres to regulate your bowels. You are not required to keep a certain diet.

Medical follow-up treatment:
We advise you to seek continuous medical follow-up treatment with your health care professional at home.

On the last day of your clinical stay, you will receive your personal discharge papers. They contain important information for your urologist and general practitioner. You are advised to make a shorthand appointment at your urologist or general practitioner in order to inform them about necessary diagnostic measures or follow-up treatment. In some cases you will be discharged with preliminary papers, these for example missing pathological results. As soon as we receive this information your urologist or general practitioner will receive the final version of your discharge papers.

In case of emergencies and urgent problems, please contact your health care professional or our urological emergency unit (Lift B2, Level 2). From 3:30 pm on and on weekends/holidays you can contact our attending urologist through Accidents and Emergencies or our urological ward within the University Medical Centre Göttingen.

Should you have any questions, please do not hesitate to contact our urological ward. (contact details can be found below)

We wish you all the best for your recovery. In case of medical emergencies we are available at any time.

Yours sincerely

Prof. Trojan and the Urology Clinic’s Team

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