CONTACT US IMMEDIATELY if YOU HAVE...

- Increased redness, tenderness, swelling, drainage or pus at your incision sites, or if incisions pull apart.
- Foul smelling or cloudy urine; an urge to urinate frequently; or burning upon urination.
- If you have a temperature of 100 °F or higher, persistent nausea and/or vomiting.
- Difficulty having a bowel movement or have loose stool multiple times in one day.

ANY QUESTIONS or CONCERNS?

During business hours (Monday - Friday, 8 AM – 4:30 PM):

Athelene Nweze. 410-614-6604

Outide business hours, on weekends or federal holidays:

Kidney Transplant On-Call Coordinator. 410-955-6070

Financial, insurance, or mental health concerns:

Social Worker: Mary Kaiser. 410-614-2819
CARING for YOUR INCISION

- Your incision is closed with glue or staples & slight drainage is common. A sterile dressing or Band-Aid can be placed over the incision if this occurs.
- Showering is okay; do NOT take a bath or swim until your wound is completely healed (about 3-4 weeks).

RESUMING ACTIVITIES

- Gradually increase your walking each day. Lying around will slow the healing process and increases your risk for complications.
- Depending on what you can tolerate, LIFT NO MORE than 20 pounds for 8 weeks from the date of surgery.
- Do NOT DRIVE for the next 2 weeks or while taking narcotic pain medications.
- Resume sexual activity when you feel up to it. Avoid any position that causes pain or puts strain on your incision.

DIET

- Unless otherwise instructed, you may resume a regular diet after discharge.
- Eat FIBER-rich food such as fruits and vegetables to prevent constipation & PROTEIN-rich foods for wound healing. Our Dietician is available to discuss best meal options with you—410-502-6296.

IMPORTANT LONG-TERM RESTRICTIONS

- Tylenol (acetaminophen) is the ONLY over-the-counter pain medication you should use.
- Avoid IV contrast unless absolutely necessary.
- Do NOT use herbal supplements; many products are NOT FDA regulated and could damage your remaining kidney.

FOLLOW-UP APPOINTMENTS & LABS

- Your follow-up appointment will be on a Wednesday morning at the Johns Hopkins Outpatient Clinic (JHOC) 7th Floor, approximately 1 week after discharge.
- Please have labs drawn 1 hour before your appointment at Express Testing, JHOC 1st Floor.
- To ensure your continued health and recovery, we will contact you for follow-up labs at 6 months, 1 year, & 2 years from your donation. Costs for these labs will be covered by the Comprehensive Transplant Center.