

# Patient information sheet on laparoscopic kidney cyst surgery

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## Introduction

The traditional way of operating on a kidney involves a 9 inch cut below the ribcage on the side, which usually results in a stay in hospital for 7-10 days and prevents a return to full activities for 6-12 weeks.

## Laparoscopic renal cyst surgery

Hundreds of cases of laparoscopic (keyhole) kidney surgery have been performed around the world since 1991. The medical literature suggests that it is just as effective as open surgery but avoids the painful incision.

It is usually necessary to inject dye into the ureter (the tube which drains urine from the kidney into the bladder) during the operation to identify and seal any communication between the cyst and the part of the kidney which makes urine. This is done by placing a small tube in the ureter through the bladder using a telescope ('cystoscopy') before the main operation begins.

The operation is performed through 4 quarter to half inch cuts side near the rib cage. If it is difficult to perform the operation well using this approach it will complete it using a conventional traditional incision. The likelihood of this is approximately 2%.

## After the operation

You should expect some discomfort but this should be easily controlled using the pain-killers you will be prescribed. Most patients leave hospital between 2-4 days after the operation. Be sensible when you are at home - you will have had a major operation so you should not undertake strenuous physical exercise, even if you feel like it, until at least 3 weeks. You may drive as soon as you think you could brake hard and swerve quickly to avoid an accident (typically 2 weeks).

## Follow-up

Your follow-up will depend on the procedure you have had and will be discussed with you before discharge.

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