

RETROPERITONEAL LYMPH NODE DISSECTION



WHAT IS A RETROPERITONEAL LYMPH NODE DISSECTION?

This operation is performed to remove the lymph glands from inside the abdomen. The number of glands to be removed has been decided after looking at the results of the tests you have had done (CT Scan).

PRE OPERATIVE PREPARATION

Bowel preparation is needed before surgery. This is given as a liquid to flush through and empty the bowel.

It is common practice for you to have your abdomen and chest shaved in the operating theatre, so the area is as clean as possible.

WHAT DOES THE SURGEON DO?

A cut is made down the middle of your abdomen and the surgeon inspects all the internal organs and structures. The removed glands are taken out and sent to the laboratory for testing. The wound is closed in layers with stitches and or special staples. Bleeding may be a problem during this operation; however efforts are made to minimise this.

WHAT SORT OF ANAESTHETIC CAN I HAVE?

You will be given a general anaesthesia, that means you will be put to sleep and kept in this state until the operation is complete

The anaesthetist may choose a local anaesthetic in addition to a general anaesthetic to numb the nerves going to the area where the surgeon is operating. This is done before you go to sleep. The anaesthetist will discuss with you which type of anaesthetic best suits your needs.

WHAT HAPPENS TO ME AFTER MY OPERATION?

The method of pain relief to be used for you will be decided by your Surgeon and Anaesthetist on the day of your operation.

Pain is expected after this operation.

- After the operation the cut area may bleed, you will have a dressing over the site, and drains will stop the blood building up under the wound.
- You will be given pain relieving medication to keep you comfortable. It is important to tell the nurses if you become uncomfortable.

- You may have a small tube in your nose (naso-gastric tube) which will keep your stomach empty and try to prevent nausea; medication is available if you are nauseated. This tube will be removed when you are able to drink fluids.
- You will keep your drip (IV) until you are eating and drinking.
- It is common to have small injections to prevent you from getting blood clots in your legs; these are given twice a day.
- You will wear special stockings to help the circulation in your legs (TED stockings).
- Your drains will remain in place until the drainage is minimal.

HOW LONG WILL I BE IN HOSPITAL?

The length of time you spend in hospital will depend upon how you are after your surgery.

In most cases you will stay in hospital until your drains are removed and your pain is well controlled. Usually this takes approx. 1 week.

Please turn over



WHAT WILL HAPPEN WHEN I GO HOME?

It is important to keep your operation site clean and dry, a dressing may be needed.

You should take it easy and avoid strenuous exercise including straining and heavy lifting until after you have seen your doctor.

It will take at least 6-8 weeks before you can resume normal activities

You will not be able to drive a car until you have seen your doctor at your outpatient appointment.

Your next doctor's visit will be arranged after you leave the hospital and sent to you in the mail.

Your wound dressings are to stay intact for approx one week post discharge and reviewed at your outpatients appointment. If the dressings fall off prior to this, please apply another dressing to the wound or attend your local G.P.

CONTACT YOUR DOCTOR IF:

- You experience excessive pain, chills or fever or feel unwell
- It is normal to have a small discharge from your wound but if it becomes red, swollen, hot to touch and painful.

For more information please contact:

- Urology Bookings
8345 6019.
- Outpatients Department
8345 6490
- Admission Footscray
8345 6490
- The Urology Nurse Consultant at Western Health on 8345.6666
- Better Health Channel
www.betterhealth.vic.gov.au
- Health insite:
www.healthinsite.gov.au

This information leaflet contains important information to help you recover safely at home. This information is intended to support not replace a discussion with your doctor or health care professionals. Western Health accepts no liability for any information that may be perceived as misleading and directs you to your health professional.



UROLOGY SERVICE

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