



Renal Ablation Discharge Instructions

No driving for 24 hours: You are not to drive yourself home from the procedure or for the remainder of the day. Do not drive while taking the prescribed pain medications (Percocet, Oxycodone, Hydrocodone, Tramadol, etc).

Medications: You will be discharged with prescription pain and nausea medication. Take these medications as directed. Please avoid over-the-counter medications while taking your prescriptions, as this may result in adverse reactions.

Constipation is common with use of prescription pain medication. You may use any over-the-counter medications for prevention or symptomatic relief of constipation that you would normally use. These include prune juice, Milk of Magnesia, Miralax, Magnesium Citrate, or Fleets Enemas.

Blood thinners may be resumed 2 days after the procedure or as instructed by prescribing physician.

Activity: You may resume regular activities the day after the procedure. No heavy lifting over 15 pounds and no strenuous activity for 3 days.

Ablation Site: Keep the procedure site dry. Sponge bath only on the night of the procedure. You may remove the dressing and shower 24 hours after the procedure. Do not scrub the site, gently clean and pat dry. Please do not fully submerge the procedure site under water for 1 week (no tub baths and no swimming).

Follow Up: A follow up scan (CT, MRI, or PET scan) to evaluate the effectiveness of your treatment will be scheduled for you approximately 1 month after your procedure. You should expect to receive a call from a radiology staff member to schedule this scan. If you have not received a call within 2 weeks, you may call our office directly to schedule your follow-up scan at the number listed below.

Call us *immediately* if you experience any of the following:

- ❖ Temperature greater than 101°F
- ❖ Blood/blood clots in your urine that persist after 3 days
- ❖ Inability to urinate
- ❖ Increasing redness, tenderness, or swelling at the procedure site
- ❖ Increasing abdominal/back pain with or without activity
- ❖ Dizziness or lightheadedness
- ❖ Bleeding or opening of procedure site

**If you have any questions or concerns, please call
Radiology Associates of Atlanta at 404-352-1409**

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