

## Radiofrequency ablation of kidney tumour: aftercare

You have had radiofrequency ablation to a kidney tumour where we treat the tumour by inserting a needle under ultrasound guidance and destroy tissue using heat.

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

Blood pressure/Pulse on discharge: \_\_\_\_\_

Clinical condition on discharge: \_\_\_\_\_

### What to expect afterwards

- Rest, take it easy and avoid strenuous activity for the next 24-48 hours.
- You may have pain, bruising and discomfort near/around the incision site. This should improve over the next 72 hours. Please take painkillers for relief either at home or ask the nursing staff if in hospital.
- Slight oozing from your wound site is normal, if you see fresh blood or bleeding put pressure on it immediately. If it does not stop after 10 minutes of pressure then call for help - please either attend the Emergency Department or call 999.
- Some other problems that may occur:

Problem	How to deal with it?
Blood in the urine	This is very common after the procedure and almost always settles down over a few days. If it becomes more pronounced you will need to seek medical advice by either contacting your GP or the hospital.
Infection	Infection is rare but if you have swelling or pain around the treatment site or if you feel unwell with temperatures you need to seek medical advice by either contacting your GP or the hospital.
Pain	There will be internal bruising at the treatment site. This is best managed by taking regular pain killers like paracetamol for a few days. Rarely pain can be more severe due to problems like nerve bruising or damage to the kidney. If your pain is not gradually settling with pain killers you need to seek medical advice by either contacting your GP or the hospital.

## When to seek help

Please contact us if you experience:

- New fresh or increased bleeding. This might be noticed as increasing heavy blood stained urine or swelling and pain at the incision site.
- Light headedness, dizziness, nausea, clammy skin, blurry vision or loss of consciousness.
- Pain that is not controlled with painkillers.
- Problems passing urine.

**Please bring this information sheet with you if you seek medical attention.**

## Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

- Paracetamol – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- Anti-inflammatory – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

## Looking after your wound

Try to keep your wound dry for the next 24-48 hours after which you can remove the dressing and clean it normally. If you find your wound is still open, redress it with a plaster until it heals.

## When can I resume my normal lifestyle?

This will depend on how soon you recover. You should be able to resume most normal activities of daily living within 24-48 hours. You may well feel tired over the next week and a full recovery can take up to a couple of weeks.

## When can I drive?

You should consider whether you are well enough to drive. Your wound or pain may prevent you from driving e.g. being able to perform an emergency stop comfortably. This will likely take 5 to 7 days but potentially longer. If you were given sedation then you should not drive for the next 24 hours (see separate information sheet).

## What happens next?

During your procedure a biopsy of the kidney tumour may have been taken. The doctors looking after you will let you know if this was performed. The results of your biopsy will go to your referring doctor (usually between 7-10 days). You will be informed of the outcome

either in a letter or by clinic follow up. You will have a CT scan arranged for 3 months after your treatment to assess the treatment. Likewise you will be informed of the outcome of this. All being well you will have further scans at 1 year, 3 years and finally 5 years after your procedure.

### Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours please attend Royal Berkshire NHS Foundation Trust Emergency Department or your nearest Emergency Department.

### Further information

For further information about the Trust, visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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