



UROLOGICAL
CONSULTANTS

info@uroconsultants.com
www.uroconsultants.com

FACTSHEET

LAPAROSCOPIC RETROPERITONEAL OR PELVIC LYMPH NODE REMOVAL

About the Procedure:

In some men with testicular or prostate cancer, the lymph nodes in the abdomen or pelvis may need to be removed. This can be done in a minimally invasive fashion during a laparoscopic retroperitoneal lymph node dissection, which helps avoid a large incision, a long hospital stay, long recovery time, and offers more cosmetically appealing results. This is usually done through 4 to 5 dime-sized incisions on the abdomen. The procedure usually takes about 3 to 4 hours and you should expect to spend at least 1 night in the hospital.

Preparing for the Procedure:

Take only clear liquids on the day prior to the procedure. Acceptable liquids include tea or coffee (no milk or cream), water, apple juice, Gatorade or other sports drinks, pop-sicles, italian ice, or chicken broth.

Drink five ounces of citrate of magnesium at 4:00 pm the day before the procedure. If this does not produce a bowel movement by 7:00 pm take an additional 2 ounces of citrate of magnesium. This is available over the counter in the laxative section of your pharmacy. Remember to drink plenty of clear liquids to stay hydrated while preparing for your procedure.

Do not eat or drink anything after midnight the night before the procedure. You should take your usual medications as you normally would the morning of your procedure with a small sip of water only (avoid juice, milk, coffee, etc.).

Starting 5 to 10 days prior to your procedure (ask your doctor for a specific time), it is important to stop taking medications that might increase your risk of bleeding. For a list of blood-thinning medications that should be avoided, ask your doctor

After the Procedure:

There will be a dressing on the incision that can be removed on the second day after the procedure. After that, it is OK to shower (let soap and water run over the incision, then pat dry), but baths and soaking in a tub should be avoided for 2 weeks after the procedure. The incision should be kept clean and dry to allow it to heal, so it is important to shower once a day. The incision generally heals in five to seven days, but avoid any strenuous activity and exercise or heavy lifting for 4 to 6 weeks after the procedure. Your doctor will remove the surgical staples in your incision at your first office visit following your discharge from the hospital. This is not painful and only takes a few minutes.

It is usually OK to resume your blood-thinning medication the day after your procedure, but check with your doctor to be sure. Take all the medications prescribed by your doctor (including any antibiotics and pain medications), and schedule an appointment to follow up with him within the first 2 weeks after the procedure (ask your doctor if you are unsure when to follow up).

Make arrangements for someone to drive you home on the day of your discharge from the hospital.

Barry Aron, MD, FACS
Leonard S. Bloom, MD
Gary S. Friedlander, MD
Edward C. Gilbert, MD
Robert L. Goldman, MD
Murray Lieberman, MD
Juan P. Litvak, MD
Nizamuddin J. Maruf, MD
Eddie Michli, MD
Roberto Pedraza, MD
Bart Radolinski, MD
Mark H. Ratner, MD
Bernard J. Rogus, MD, FACS
Robert J. Sher, MD
Jonathan L. White, MD

Ambulatory Urosurgical Ctr
401 East Jefferson Street
Suite 105
Rockville, MD 20850
301.209.8219 voice

6410 Rockledge Drive
Suite 503
Bethesda, MD 20817
301.530.1700 voice
301.530.0418 fax

20528 Boland Farm Road
Suite 202
Germantown, MD 20874

18111 Prince Philip Drive
Suite 101
Olney, MD 20832
301.598.9717 voice

15225 Shady Grove Road
Suite 307
Rockville, MD 20850
301.258.1919 voice
301.258.9180 fax

9715 Medical Center Drive
Suite 404
Rockville, MD 20850
301.424.0433 voice
301.424.0422 fax

3801 International Drive
Suite 205
Silver Spring, MD 20906
301.598.9717 voice
301.598.3230 fax

2730 University Blvd, West
Suite 516
Wheaton, MD 20902