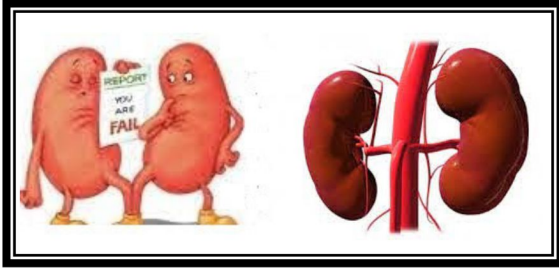


Symptoms of transplant rejection include:

- *Decreased urination or stoppage of urine flow/increased ankle swelling
- *Pain in transplant area/fever/feeling unwell/increased blood pressure/weight gain of more than 2 kilos per week/increase blood creatinine level/hardness and redness in transplant area
- *Changes in blood sodium and potassium/respiratory problems



- *Care before kidney transplant
- *Conducting tests and specialized diagnostic methods transplant according to doctor's order, for donor and recipient
- *Examination of the condition of the transplant recipient in terms of tolerating the therapy measures and medication after transplantation (for example receive Immunosuppressive drugs and...)
- *Psychological evaluation for the donor
- *Conducting specialized consultations before transplantation (cardiac, internal, anesthesia etc. ...) for kidney donor and recipient
- * Measures before surgery: hospitalization of donor and recipient one or more days before the transplant operation - perform the procedures diagnostic and therapeutic treatment before surgery - Shave the operation area

Kidney donors

- 1)Living donor: who donates his kidney at the time of request. it is better to donate a kidney to your close relatives because the individual's genetic compatibility with his/her family members and close relatives are very compatible.
- 2) Donors of brain death: that is, a person who has suffered from death brain, but his/her kidney is still healthy and able to work.



Kidney transplant success rate

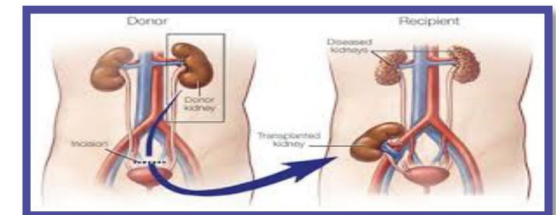
- *The success of the transplant operation depends on how the body of recipient respond to transplanted kidney as an attacker and take defensive mode
 - *The success of kidney transplantation from the patient's siblings due to genetic, blood and tissue compatibility is very high.
- Transplant success rate is based on the first kidney transplant operation and if the transplant operation is rejected in the first attempt, its success will be 11 to 15 percent less for the second time

Kidney transplant

When both kidneys fail, there are 3 treatment methods as following

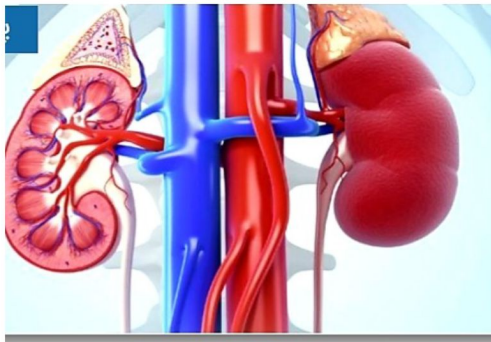
1. Blood dialysis (hemodialysis)
2. Peritoneal dialysis
3. Kidney transplant

In deciding to choose the best treatment method, consult with those who have already had a kidney transplant or undergone peritoneal or hemodialysis dialysis. Besides, it is necessary to consult with your doctor, nurse and family members based on factors such as age, diseases background and lifestyle. Then, doctor will choose between dialysis or kidney transplant.



How to perform a kidney transplant

A kidney transplant is a surgical procedure in which a healthy kidney is transferred from a healthy donor to a recipient patient. Both kidneys of donor must be healthy so as he/she be able to live with a kidney. Also, both kidneys of the person who is receiving the kidney must be disabled and the specialized medical team of the University of Medical Sciences has approved this and patient name must be registered in the kidney donation list.



Kidney transplant

Khurshid educational, therapeutic, research complex

Public health and patient education unit

2562 extension

72222223

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Regulators:

Public Health Education Supervisor/ Supervisor educational

Pamphlet code: /042PR/BR

The year 2042

Avoid intense massage and skin rubbing because it causes your skin irritates and by using cosmetics and vitamin A your skin become more sensitive to sunlight and acne.

Use long-sleeved and collared clothes and apply sunscreen (regularly) to the areas of the body that are exposed to sunlight. If in areas exposed to sunlight, they catch a wound that was created within a few weeks and it didn't go well or there was a change in color or a bump see your doctor

*Using hair color makes your hair more fragile make an attempt to avoid it as much as possible
*Excessive hair growth, especially on the face is due to medicine consumption. You can use non-stimulating hair clippers to remove it.

*Your libido will increase compared to before the transplant and it is necessary to pay attention to the following points: your fertility power is back. Therefore, make use of contraception tools.

Sources:

1. Janice L. Hinkle, translation: Mushtaq Zahra, Internal Nursing The fourteenth, volume, 11 years. 2112 Brunner and Sodarth surgery. 2112 Publisher: Jamia Nagar, edit.
2. Hashemi, M., Shah Qalian, N. Kidney Transplant, Heydari Publications. First Print, 1332.

Complications of kidney transplant

Weakening of the immune system due to the use of drugs

•Possibility of contracting opportunistic infections (local infection surgery, lung infection, kidney infection and urinary tracts etc...), some malignancies due to the consumption of drugs of weakened the immune system

•Rejecting transplant

•Self-care training after kidney transplant

•Regular doctor visits

•Taking prescribed medications

•No smoking and alcohol

•Stay away from stressful environments

•Creating a relaxing environment in the family

•Performing regular physical activity as prescribed by the doctor

•Full compliance with health tips to avoid illness to opportunistic infections and infectious diseases

Due to the use of immunosuppressive drugs

•An ID card that shows the name family, having a transplant, taking medications Immune system suppressor, home address, your phone number that should be with you.

•Prednisolone may cause acne (pimples) on the face, chest, shoulders or back. It can also be caused by the use of cyclosporine. The skin of these areas is oily and causes acne to intensify. It is recommended to brush these areas three times a day with a soft cloth and wash with mild soap.