

Kidney Transplantation: Process, Affects and Care to be taken after Transplantation

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Kidney transplant or renal transplant is the organ transplant of a kidney into a patient with end-stage kidney disease (ESRD). Kidney transplant is typically classified as deceased-donor (formerly known as cadaveric) or living-donor transplantation depending on the source of the donor organ.

People whose kidneys have failed usually undergo a treatment called dialysis. This treatment mechanically filters waste that builds up in the bloodstream when the kidneys stop working. Undergoing dialysis takes time and is labor-intensive. Dialysis often requires making frequent trips to a dialysis center to receive treatment. At the dialysis center, your blood is cleansed using a dialysis machine.

A kidney transplant is often the treatment of choice for kidney failure, compared with a lifetime on dialysis. A kidney transplant can treat chronic kidney disease or end-stage renal disease to help you feel better and live longer. Compared with dialysis, kidney transplant is associated with: Better quality of life.

Kidney donors may be either living or deceased.

Living Donors

Because the body can function perfectly well with just one healthy kidney, a family member with two healthy kidneys may choose to donate one of them to you. If your family member's blood and tissues match your blood and tissues, you can schedule a planned donation. Receiving a kidney from a family member is a good option. It reduces the risk that your body will reject the kidney, and it enables you to bypass the multiyear waiting list for a deceased donor.

Deceased Donors

Deceased donors are also called cadaver donors. These are people who have died, usually as the result of an accident rather than a disease. Either the donor or their family has chosen to donate their organs and tissues. Your body is more likely to reject a kidney from an unrelated donor. However, a cadaver organ is a good alternative if you don't have a family member or friend who's willing or able to donate a kidney.

Risks of Kidney Transplant

- an allergic reaction to general anesthesia

- bleeding
- blood clots
- a leakage from the ureter
- a blockage of the ureter
- an infection
- rejection of the donated kidney
- failure of the donated kidney
- a heart attack
- a stroke

Care that is to be taken after Transplantation

- The house should be thoroughly cleaned with disinfectants
- The accommodation should be close to the hospital with available transportation 24 hrs a day, there should not be too many stairs and the locality should be neat and clean.
- Patients are encouraged to walk and avoid using a wheel chair
- The number of visitors should be restricted for a few weeks
- Patients should avoid meeting people who are ill and report any illnesses / fever / flu / cold / persistent cough / pain in abdomen / loose motions or transmissible infections or infectious diseases such as influenza, pneumonia, chicken pox, hepatitis etc.
- Patients should avoid contact with animals and birds to prevent infection
- For the first 2 to 3 months, patients are advised to wear a mask and avoid crowded public places like malls, cinemas, restaurants, department stores, etc. After this patients can attend social events and live a normal life.

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