

What happens after kidney transplant

Having a kidney transplant offers benefits like an improved quality of life and better health outcomes. Taking steps to care for your new kidney can help with the long-term success of your transplant.

Recovering from kidney transplant

You will stay in the hospital after your transplant, usually up to a week. Your transplant team will monitor your progress and let you know when you can go home. You will take anti-rejection medications to help your body accept your new kidney. You will take these for as long as you have your transplant.

Monitoring your new kidney

After you leave the hospital, you will have frequent follow-up appointments with your transplant team to check your progress. Over time, if your new kidney is doing well, you will be able to return to your regular kidney doctor and have fewer appointments.

Support after transplant

Having a care partner to support you before, during, and after transplant can be helpful to your recovery. They help with appointments, medications, and monitoring your health. Care partners also provide overall emotional support.

Life with a transplant

The average lifespan of a transplanted kidney is 10–15 years, though some transplants will last longer and others shorter. If your kidney stops working, you have the option of returning to dialysis or trying to get another kidney transplant. Some people may need multiple transplants in their lifetime.

Steps for success

You play an important part in taking care of yourself to help the success of your new kidney, including:

- ✓ Eating a healthy diet
- ✓ Exercising regularly
- ✓ Not smoking or using tobacco products
- ✓ Maintaining a healthy weight and losing weight if necessary
- ✓ Managing other health conditions like high blood pressure and diabetes
- ✓ Taking your anti-rejection medications and other medications as prescribed



We are here to help

We are here to support you along the way. Reach out if you have questions about life after kidney transplant.