



KIDNEY STONE SURGERY POSTOPERATIVE INSTRUCTIONS

Extracorporeal Shockwave Lithotripsy (ESWL):

-This uses ultrasonic waves to break the stone up into tiny pieces that are easily passed

Ureteroscopy:

-This uses a small camera to go up to the stone and remove it with the use of laser or basket

What to expect after surgery:

-Pain: It is normal to experience flank or back pain following the procedure. Over the counter medications such as Tylenol or Ibuprofen are often sufficient to control this pain. Your doctor may prescribe a stronger medication, which should only be taken sparingly if other medications have not been helpful.

-Bleeding: It is normal to see blood in the urine for several weeks after the surgery. Do not be alarmed.

-Bladder symptoms: It is common to experience burning with urination, having to go to the bathroom more frequently and having strong, sudden urges to go to the bathroom. This can lead to leakage of urine, which should be temporary and improve in the weeks following the procedure.

Instructions:

-Drink ample amounts of fluids for the next several days. Water is the best option. This will help pass fragments and limit blood clot formation

-Be active. Getting up and moving will help your body pass any remaining fragments of stone.

-You may be given a strainer to collect fragments when you urinate. Bring these fragments to your follow up appointment so your stone can be analyzed.

-You may resume your regular diet following surgery.

Restrictions:

-Activity: Let your body be your guide. There are no limitations to how much you can lift immediately following the surgery. You may have more blood in the urine if you are highly active, but this is generally not a problem.

-Bathing: It is ok to shower and bathe as usual

-Driving: Do not drive the day of your procedure. You may resume driving once you have stopped taking any prescription pain medications.

Ureteral Stent:

- During your procedure you may have had a ureteral stent inserted. A stent is a small plastic tube that ensures urine can drain from your kidney and allows for healing after the procedure.
- Stents can be very irritating, normal symptoms with a stent include flank pain, bladder pain, strong, frequent urges to use the bathroom, occasional leakage of urine, and blood in the urine.
- Your doctor may have left a string on the stent that you can remove yourself. Your doctor will specify how many days you should wait before removing it. It is generally recommended to remove the stent in the shower or bathtub, first thing in the morning on the specified day. Occasionally a string may get pulled on accidentally, this is not an emergency. If you can see a blue or white tube on the outside of your body, it is ok to remove the stent entirely. If not, just leave it in place and remove it at the specified time.
- If there is no string left on the stent, you will need to have it removed in clinic or at the time of another procedure for kidney stones.
- Stents are TEMPORARY. If stents are left in too long, they can cause serious problems such as infection or kidney damage or failure.

When can I resume sexual activity?

- You may resume sexual activity whenever you feel up to it. The exception is if you have a stent left on a string. You should not have sexual activity until the stent has been removed, as it may accidentally get pulled before it was meant to.

When can I resume blood thinners?

- Generally, it is ok to restart blood thinners such as Aspirin, Plavix, Coumadin, Xarelto around 24 hours after the procedure. Your doctor or cardiologist will tell you if they want you to hold it for longer or shorter than this.

How do I know my treatment was successful?

- Depending on the type of procedure you had, your doctor may know if your stone was entirely removed. Typically, you will follow up in a few weeks to a few months with an imaging study such as x-ray, ultrasound, or CT scan to look at your kidneys and kidney stones. You may require more than one treatment to have all the stones treated.

When should I call the doctor?

- If you have a fever over 101.5, especially if it does not come down with Tylenol.
- If you have enough bleeding that blood clots are forming and making it difficult or impossible to urinate.
- If you are having severe, worsening pain that is not controlled with the prescribed medications.
- If you have severe nausea and vomiting that are making you dehydrated.

What is this medication I've been given?

-Depending on the surgery that you had, your doctor may prescribe no medications at all, or several medications. Common medications include:

-*Tramadol, hydrocodone, oxycodone*: These are pain medications and should be taken sparingly. If you take this medication, be sure to stay hydrated and take a stool softener to avoid constipation

-*Flomax (tamsulosin)*: This medication may help relax the urinary tract to help pass stones and ease symptoms of a stent. Stop taking the medication if you experience dizziness or lightheadedness.

-*Ciprofloxacin, levofloxacin, sulfamethoxazole, keflex*: These are antibiotics. You should take the entire course as prescribed. We recommend taking a probiotic or eating yogurt while taking this medication to avoid side effects such as diarrhea.

-*Ditropan (oxybutynin)*: This medication can help with bladder spasms. Common side effects include dry mouth and constipation.

What if I have other questions regarding my procedure?

-For general questions and follow up appointment information please call The Urology Center of Iowa during regular business hours at (515) 400-3550. After hours for urgent issues not addressed here, you may call The Urology Center of Iowa and ask to speak to the provider on call. For emergencies, call 911 or go to the closest emergency room.