

## KIDNEY AND URETERAL STONE SURGERY: Post operative instructions

1. Stones are treated either by shock wave lithotripsy (ESWL) or ureteroscopy and laser lithotripsy (URS) or both.
2. You may have ureteral stent placed at the time of the procedure. Stents can be very bothersome. Common side effects from this include:
  - Moderate urinary frequency and urgency
  - Crampy, intermittent pain the bladder area
  - Pain in the kidney at the time of urination which goes away after urination
  - Bloody urineThere may be some medications available to treat these symptoms. Sometimes they are not completely relieved until the stent is removed.
3. ESWL patients may experience bruising on the skin either in the back or abdominal area on the affected side.
4. ESWL patients will experience soreness in the kidney area.
5. You may or may not be asked to strain the urine to look for stone fragments after the procedure. If you do not catch any stone fragments, it DOES NOT mean the procedure failed.
6. Follow up is individualized. You will be given instructions on when to return to the office and whether or not to have a plane abdominal X-ray done prior to your follow up.
7. There are no physical restrictions following stone surgery.
8. Warning signs:
  - Severe pain in the flank or abdominal area.
  - Dizziness or extreme light-headedness
  - Fever >101.5F
  - Shaking chills