

Home Care After Ureteroscopy, Laser Lithotripsy and Stent Placement

The following instructions will help you care for yourself, or be cared for upon your return home today. These are guidelines for your care right after surgery only.

Diet

Drink plenty of liquids and eat light meals today.
Start your regular diet tomorrow.

Activity

Start normal activities in twenty-four (24) hours.

Wound Care and Hygiene

No restrictions

Anesthesia Precautions & Expectations

After anesthesia, rest for 24 hours.

Do not drive, drink alcoholic beverages or make any important decisions during this time.

General anesthesia may cause a sore throat, jaw discomfort or muscle aches.

These symptoms can last for one or two days.

What to Expect after Surgery

Mild pain with voiding.

Frequency or urgency.

Bladder cramps.

Minimal bleeding with voiding.

Medications

- Flomax (tamsulosin) will help with the passage of small stone fragments and pain from a stent if one is left in place.
- If you have been prescribed oxybutynin, take as needed for bladder spasms from stent if one is left in place.
- Take Tylenol and motrin for pain to reduced swelling in your urinary tract. Alternative these two medications every 3 hours.
- If you were prescribed tramadol, take as needed for severe breakthrough pain, after the medications above have been taken. While on tramadol take stool softeners to prevent constipation. Do not drive or operate heavy equipment while on this medication.

Call your Doctor

Passing clots in urine preventing bladder emptying

Severe pain not controlled by oral medication

Temperature above 100.5 degrees

Inability to urinate within eight (8) hours after surgery

After Stent Placement

It is common to have blood tinged urine for 3-5 days.

It is common to have pain in your side and in your back when you urinate for 3-5 days.

It is common to have urgency with urination.

This is a temporary stent and will need to be removed in 2 days at home by pulling on the black string.

Follow up Appointment

You will be arranged for follow-up in 1-2 weeks to discuss surgery to remove your stone.

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