PERIOPERATIVE SERVICES

Post-Operative Instructions

Percutaneous Nephrolithotomy

You have had a Percutaneous Nephrolithotomy which means kidney stones were removed using a small instrument passed through a small incision in the skin made in your side or back into the kidney.

PAIN:

You may have burning and stinging and have to urinate more often for 4-6 weeks after your surgery. Pain in your abdomen and side is also expected. Occasionally you may see small amounts of blood in your urine, drinking lots of fluids will help with this problem.

OPERATIVE SITE:

Your surgeon will speak with you about your operation, but you can expect the following:

* A bladder drainage catheter may be left in place for a short time.
* After the kidney stones are removed, a small tube that goes from your incision into the kidney may remain for a few days to allow urine to drain: this tube will be removed.
* Another small tube between the kidney and the bladder (called a ureteral stent) is sometimes left in place after the procedure to help the urinary tract heal. The stent will need to be removed eventually, but you won’t have to be admitted to hospital for that procedure.

ACTIVITY:

* Avoid heavy lifting of anything more than 22 pounds (10 kg) or strenuous activities for 4 weeks.
* You may resume most regular activities when you feel able.

**CONTINUED ON OTHER SIDE **

DIET:

* Resume your regular diet the day after your surgery.
* Increase the amount of fibre in your diet and drink plenty of fluids to avoid constipation.
* Sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

FOLLOW UP:

* Your surgeon will discuss your follow-up appointment on the day of your surgery or will contact you soon thereafter with the details.
* You will be given a card to call the surgeon’s office to confirm the follow up appointment if necessary.

ADDITIONAL INFORMATION:

* You may be asked to take antibiotics for a period of time after a percutaneous stone removal.
* Ask your surgeon before restarting Aspirin™ or any drug containing ASA™, or blood thinning medication.
* Resume other prescribed medications you were taking prior to surgery, unless you have been told otherwise.

**Call your surgeon immediately or go to the nearest Emergency Department if you have any of the following:**

* Severe pain not managed by pain medication.
* Significant swelling, heat and/or redness around the incision.
* Cloudy, foul smelling urine, urgency, severe burning on voiding.
* Elevated temperature (above 38oCor 100.4oF), or fever and/or chills lasting more than 24 hours.

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.