PERIOPERATIVE SERVICES

Post-Operative Instructions

Kidney or Ureter Stones

PAIN:

You may have burning and stinging and have to go to the bathroom more often for 4-6 weeks post-surgery. Abdominal and flank pain is also to be expected.

OPERATIVE SITE:

If your stone is too large to be removed or broken, it may have to be fragmented into many pieces about the size of grains of sand. These pieces will then pass in the urine with some pain over the next few weeks. You may notice blood in your urine.

ACTIVITY:

You may resume regular activities when you are able.

DIET:

Resume your regular diet and drink plenty of fluids.

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

ADDITIONAL INFORMATION:

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
* nausea or vomiting
* excessive bleeding
* elevated temperature (38ºC or 100.4ºF) and/ or chills lasting more than 24 hours

**CONTINUED ON OTHER SIDE **

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.

PAIN:

This is normal. Your Surgeon will prescribe pain pills for you. Take as instructed if needed. For mild to moderate discomfort you may wish to take Acetaminophen or Ibuprofen. If you have worsening pain not controlled by your medication, contact your Surgeon for instructions.

OPERATIVE SITE:

## Tomorrow and daily:

* You were provided with a bra to hold your dressings and give you support. Wear it every day. Use it or a soft cotton sports bra to sleep at night for the first four weeks.
* Remove the outer padding and gauze (yellow or red drainage on the dressing is normal). Keep the tapes on the incisions.
* Shower normally, then pat the tapes dry or blow them dry using hair dryer on cool setting.
* If there is drainage, cover your incision with gauze or a sanitary napkin. Put your post-op garment back on.
* The steri strip tapes will fall off in the weeks to come or may be removed by your Surgeon at your follow up visit.
* Your sutures will dissolve on their own.
* Swelling and bruising will peak in 2-3 days, reducing significantly over the first 2 weeks. Your skin will be slightly tight and your breasts more full during this time.
* Your breasts will settle into their more natural position over the next 3 months.
* Your incision will fade and soften over the next 18 months.

ACTIVITY:

* Be up and moving at home. Get plenty of rest but take your meals at the table, walk to the bathroom, etc.
* In the days that follow, go out for short errands with a responsible adult.
* Use your hands and arms for light activities such as hair washing, preparing your meals, etc.
* Do not raise your arms fully over your head until instructed by your Surgeon to do so.
* Do not exercise your arms or chest with weights or go jogging for 4 weeks.

## Back to work

1-4 weeks depending on your occupation and type of physical exertion required

## Driving

You must be pain free and off all pain medication before you drive a vehicle. Take a licensed adult with you for your first short trip.

FOLLOW UP:

Your Doctor will advise you when to follow up in the office.

ADDITIONAL INFORMATION:

Do not swim in lakes, pools or use hot tubs for at least 2 weeks, and only after your incisions have healed.

Contact your Surgeon or go to the nearest Emergency Department if you have:

* Any signs of infection such as:

Chills, persistent high fever, 38ºC or 100.4ºF, or higher for greater than 24 hours.

The wound is hot, swollen and not healing and redness that spreads beyond the incision.

Pus-like drainage from the incision, grey, yellow or green.

New pain, getting worse after 3 - 4 days

* Signs of blood collection such as rapid breast swelling and firmness on one side of your chest.