**SURGICAL 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. Follow your surgeon recommendations if there is any restriction in your activity.

**DIET:**

Resume your regular diet and drink plenty of fluids.

**FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointment. 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.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

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

* severe pain, chest pain and swelling of legs.
* inability to urinate.
* nausea or vomiting
* excessive bleeding
* elevated temperature (38ºC or 100.4ºF) and/ or chills lasting more than 24

 hours

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same. Clean hands save lives.