

SHOCK WAVE LITHOTRIPSY (ESWL) POSTOPERATIVE INSTRUCTIONS

24 hours postop: Do not drive a car or operate machinery for 24 hours after anesthesia. Do not make important decisions or sign any important papers during this time. Do not consume alcohol, tranquilizers, sleeping medication or any non-prescription medication for 24 hours after anesthesia or if taking a pain medication.

Diet: After anesthesia, begin with clear liquids. Avoid any heavy meals on the day of the procedure. Depending on how you feel the following day, you may resume your normal diet. Drink plenty of water.

Activity: You may resume your normal activity. You may shower or bathe as you normally do.

You may notice: Pain while passing stone fragments. You may have frequent urination or a sense of urgency, which is the feeling that you have to get there right away. There may be some pain or burning with urination. It is possible that you may see some blood with urination. It may take several days for these symptoms to resolve. Urinate into the **strainer** to save any fragments. There may be many or there may be none at all.

Medication: You can obtain good pain relief by taking two acetaminophen (Tylenol) every four hours while awake for the first several days. You will also get a prescription for pain pills. You can use these prescription pain pills in addition to acetaminophen every four hours. Do not exceed 4000 mg acetaminophen per day. You may also be given a prescription for **tamsulosin** (Flomax), this helps relax the urinary system to help with passage of stones. This also decreases stent symptoms if you have a stent. Take this every day. You may also place a heating pad over the kidney or bladder to ease postoperative discomfort. Take plenty of fiber and water or over the counter stool softener to avoid constipation.

Postop appointment: Call the office to set up a post operative visit one week after the procedure. You will need to get an x-ray (KUB) prior to the visit. Please ask the radiology department to give you a copy of the images and bring this to your post operative visit.