

POSTOPERATIVE INSTRUCTIONS for URETEROSCOPY, LASER LITORTRIPSY, STONE EXTRACTION and STENT PLACEMENT

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 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.

Stent placement: A stent is a long, thin plastic tube that runs from the kidney to the bladder. It allow the kidney to continue draining during normal postoperative swelling. It protects the kidney from blockage, swelling and infection.

While the stent is in place you may have back or side pain, bladder pressure or pain, frequent urination, urgency to get to the bathroom and blood in the urine.

Symptoms are different for each person; some people have all of these symptoms, some have none. Discomfort or ache in the back may be worse with urination. **You may see blood, clots and debris in the urine as long as the stent is in place. All of these symptoms are normal as long as the stent is in place.**

Stent removal: The stent will be removed in the office during a **cystoscopy** and stent removal procedure. This involves placing a small camera in the bladder, grasping and removing the stent. The procedure usually takes only a minute or two and is typically uncomfortable but not very painful. You may take an acetaminophen (Tylenol) tablet before coming to your postoperative appointment if you'd like. The stent is temporary and must be removed within three months.

Medication: You can obtain good pain relief by taking two acetaminophen (Tylenol) every for 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 for hours. Do not exceed 4000mg acetaminophen per day. You may also be given a prescription for **tamsulosin** (Flomax), this helps relax the urinary system and ease discomfort from the stent. Take this every day. You may also place a heating pad over the kidney or bladder. Take plenty of fiber, water and over the counter stool softener to avoid constipation.

Postop appointments: Call the office to make an appointment for stent removal if you do not already have a postoperative appointment.