

Information for Patients Following Surgery for Stones

The physicians and staff of Associates in Urology hope that you have a smooth recovery from your surgery for kidney stones. Patients often have questions after surgery or need clarification about what has occurred! The following information will help you know what to expect. We welcome your calls with questions or concerns; please do not hesitate to contact us.

Hematuria

You might see blood in your urine for up to a couple of weeks after surgery. Although this may seem alarming, please know that it is unlikely that you are losing a significant quantity of blood, even though the urine may look VERY red! The general trend should be a decrease in bleeding over time. The bleeding may come and go; this is normal. You may see clots or dark strands in the urine; if large, they can cause difficulty with urination. They can be minimized by consuming lots of fluids (strive for at least 2 liters per day).

Passing Stone Fragments

If you have had an extracorporeal shock wave lithotripsy, you will be passing small fragments of stone or sand with your urine. You should strain your urine in a paper strainer provided by our office or the hospital staff. It is important to catch, clean and return stone fragments to us for analysis. This helps your doctor determine what kind of stones you are forming, and how they can be prevented in the future.

Stents

Your doctor may have placed a stent in the ureter during surgery to ensure drainage from the kidney. You may or may not see a string exiting the urethra; if you do have a string, try to avoid tugging or catching it in a zipper. The stent will need to be removed either days or weeks from the date of surgery. Your doctor will advise you or your family members to make an appointment for removal.

Some patients have no side effects while the stent is in place. Common stent symptoms include cramping pain or pressure in the kidney and bladder, urinary frequency, and pain on urinating. Please contact our office if these symptoms are severe or persist beyond a few postoperative days. Your doctor may be able to prescribe medication to help decrease those symptoms.

Nephrostomy

If you had your stones removed percutaneously, or through your back, you may be discharged with a tube in your back or with a urine collection bag adhered to your back.

If you have a tube, it should drain yellow or pinkish urine. Please call us if it stops draining or if the urine becomes thick with blood clots.

After the tube is removed, you may have gauze or a urinary collection bag placed. Beneath it lays a small incision, which will close on its own. If you have a bag, empty it periodically, or as it becomes full. The site may drain for a few days; when there has been no drainage for approximately 24 hours, you may remove the bag, and then cover the incision with a dry dressing or band-aid until incision is dry and scabbed. You may shower with the bag on and after its removal, but do not soak in a tub until incision is well healed (at least 2 weeks).

Follow up

Please call our office to make a follow up appointment approximately four weeks (or as otherwise directed by your surgeon) from the date of surgery.

Notify us if any of the following occur:

1. Fever greater than 101 degrees
2. Nausea and vomiting so severe and persistent that you cannot consume fluids
3. Pain that is uncontrolled by prescribed medications
4. Inability to urinate
5. Severe dizziness or fainting