

Lithotripsy or Laser to Remove Kidney Stones

After Visit Summary

This is general information. Please see your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team work toward a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

Lithotripsy/laser is a non-surgery way of breaking kidney stones into particles the size of a grain of sand.

These particles leave the kidney and pass through your urinary system.

You will need to strain your urine to collect all fragments. (Bring them to your follow-up appointment.)

Passing the particles may take from two weeks to three months. You may have some pain or discomfort when you pass these particles.

Over the next few days you may have:

- burning when you urinate
- blood-tinged urine
- the need to urinate often
- abdominal or back discomfort (from the placement of a stent, if inserted)
- a bruise or blister on your back where the shock waves entered your body.

Before the Procedure

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.
- Arrange to have someone drive you home. You will not be able to drive after the procedure.

After Procedure Positioning

Use postural drainage every day until the particles have passed. These positions use gravity to help move the stone particles.

- **Side positioning**
Lie on a bed or couch with your feet higher than your head. Lie on the side opposite the side of the stones.
- **Face down positioning**
If you can, it would be best to lie face down with your feet higher than your head. You can do this by placing blocks or books under the end of your bed.

Please follow these instructions for both positions:

- Do each position 2 to 3 times each day for 10 to 15 minutes.
- Do each position for 4 weeks.
- Have someone firmly tap the side of your back, near your kidney, where you had stones.

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Activity

- You should be able to resume your regular activities in about one week.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Food and Beverages

- Drink six to eight (8 ounce) glasses of water each day.
- Eat well-balanced meals. Follow an instructions your doctor gave you.
- Your doctor may ask you to change your diet. This will depend on the results of your kidney stone analysis.
- Avoid alcohol while you are taking prescription pain medicine.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.

When To Call Your Health Care Provider

Call your health care provider if you:

- have a fever higher than 101.5 F and chills
- have a large amount of blood in your urine (this could mean a urinary infection)
- cannot urinate
- have severe pain not relieved by medicine
- have nausea (upset stomach) that lasts for days
- have sudden pain or pain in the side of your back or groin
- any questions or concerns.

Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.