

After surgery, what should I expect?

No stitches or sutures are used in this surgery and there will be no dressing to worry about. Do not drive or operate heavy machinery the day of the procedure as it takes a while for the anesthesia to wear off. You may have a ureteral stent placed to allow the kidney to drain until any internal inflammation decreases. Your stent may remain in place 7-14 days.

- Pink-red urine is not uncommon following this procedure.
- Sometimes patients also feel back discomfort or bladder irritability and spasms. The spasms may occur during the duration of having a stent in place.
- You may pass stone debris or small blood clots.
- If a string is left on the stent, this may be seen at the ureteral meatus. Be careful not to dislodge.

Diet and Activity Following Surgery

- Your diet can return to normal immediately following the procedure. We do recommend limiting caffeine, alcohol and spicy food to help minimize bladder irritability.
- Abdominal Distention, Constipation, or Bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Docolax suppository. Do not strain during your bowel during movement.
- Take it easy the day of the procedure. Minimizing activity may decrease back discomfort when a stent is in place. Avoid sexual activity when the stent is in place.
- You may shower as soon as you feel stable.

Post-procedure, if you experience any of the following, please contact our office:

- Fever over 101° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Increased blood or blood clots in the urine.
- Increased pain.

Please call our office at (503) 561-7100 with questions that are not addressed by this form during the hours of 8:30 am - 12 pm and 1 pm – 4:30 pm.

In the event of an emergency, contact the doctor on call via the same number or call 911.