

After surgery, what should I expect?

Pink-red tinted urine is not unusual as you pass stone fragments. Also, do not be alarmed if your urine runs clear for a few days and develops a bloody tint a few days later. This is again caused by the passing of stone fragments.

- Pink colored urine with clots.
- Your doctor may ask you to strain the urine for stone fragments.
- Discomfort in the flank/side area.

Diet and Activity Following Surgery

- After surgery you will be given clear liquids such as broth, juices, or Jello. As you are able to tolerate it, you will return to a regular diet. Avoid beverages or foods that irritate the bladder (alcohol, coffee, soda, and tea).
- Increase fluid intake.
- You will be asked to walk soon after surgery to return circulation, breathing, and bowel function to normal. This is very important in preventing the occurrence of blood clots.
- In the days following surgery, walk every day as your body will tolerate. Take it easy and plan rests throughout the day. Walking is good for you.
- Avoid heavy lifting, no more than 15 lbs. Also avoid strenuous activity one week after surgery; this may increase the presence of blood in the urine.
- You may shower when you return home after surgery.
- Abdominal Distention, Constipation, or Bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Ducolax suppository. Do not strain during your bowel during movement.

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 or increasing presence of blood clots in urine.
- Inability to urinate or severe burning with urination that does not improve.

**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.