

After surgery, what should I expect?

When you awake from the surgery you will have a catheter in place that will remain there for at least one day following surgery. You will also have a small tube called a nephrostomy tube come from your back to drain urine from the kidney into a drainage bag. Your doctor may also have placed a small ureteral stent between the kidney and the bladder to allow drainage from the kidney. This will be removed 1-2 weeks after surgery. Pink-tinted urine is not unusual.

Diet and Activity Following 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.
- 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.
- You will be asked to walk soon after surgery to return circulation, breathing, and bowel function back 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.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking water of any kind (bathtub, hot tub, lake, swimming pool, etc) until the incision site is completely healed.
- You will be scheduled for a follow-up visit 1 week after your surgery. The stent will remain in place according to your doctor's request after the post-op visit. Typically it is removed anywhere between 1-4 weeks after surgery. Feelings of urgency or side-swelling are common while the stent is in place. Do not forget to come back to have the stent removed as this can result in encrustation by stone debris, infection, or obstruction of the kidney.

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

- Your incision becomes increasingly red, swollen, or hot to touch.
- Fever over 101° F, uncontrolled pain, nausea, or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.

**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.