



**For Any Concerns
Call Our Kidney Stone Hotline (855) 786-6311**

Post-op Instructions Shock Wave Lithotripsy: ESWL

24 Hours Post-Op

- Do not drive or operate machinery for 24 hours after anesthesia.
- Avoid alcohol, tranquilizers, sleeping aids, or non-prescription medications for 24 hours or while taking pain medication.

Diet

- After anesthesia, begin with clear liquids and avoid heavy meals on the day of surgery.
- Resume a normal diet the next day as tolerated.
- Drink plenty of water and include fiber or a stool softener to prevent constipation.

Activity

- Resume normal activity as tolerated; being active may help pass stone fragments.
- You may shower or bathe as usual.

Expected Symptoms

- Pain while passing stone fragments is common.
- You may experience frequent urination, urgency, or burning.
- Blood, clots, and stone fragments may appear in your urine for up to six weeks.
- Strain your urine and save all stone fragments for your post-operative appointment so they can be analyzed.

If you have any questions or concerns about the procedure or post-op instructions, please contact the office.

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Medication

- For pain: take two acetaminophen (Tylenol) every 6 hours while awake, but do not exceed 4000 mg of acetaminophen per day.
- If prescribed, use pain medication as needed in addition to acetaminophen.
- Flomax (tamsulosin) may be prescribed to relax the urinary tract and help pass stones. Take once or twice daily. If it causes dizziness, take it at bedtime or stop taking it.
- Take pain medication with food to reduce nausea.

Imaging

YOU MUST GET AN X-RAY (Kidney, Ureter, and Bladder / KUB) OR ULTRASOUND TWO WEEKS AFTER SURGERY. THIS HELPS DETERMINE HOW MUCH, IF ANY, STONE REMAINS AND WHAT THE NEXT STEPS ARE.

Post-operative Appointment

- Schedule a follow-up visit three weeks after surgery.
- Complete your post-operative x-ray or ultrasound as instructed by your doctor.

Passing Stone Fragments

Stones can cause pain if they block the ureter (the tube from the kidney to the bladder). When stuck near the bladder, stones can mimic urinary infection symptoms such as frequency, urgency, or incomplete emptying. Pain may radiate to the testicle, penis tip, or vaginal area.

To help pass fragments:

- Drink plenty of fluids.
- Stay active — walking helps.
- Use heat (bath, shower, heating pad) or cold (ice pack, BenGay) for comfort.
- If pain is severe, or you have a fever $>100.5^{\circ}\text{F}$ (38.1°C), vomiting, or cannot keep medication down, go to the emergency room for IV fluids and pain control.

Pain Control Guidelines

- Take up to two pain pills every 4-6 hours as needed for pain.

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