



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

Post-op Instructions

Ureteroscopy, Laser Lithotripsy, Stone Extraction, Stent Placement

Diet

- After anesthesia, begin with clear liquids and avoid heavy meals on the day of surgery. Resume your normal diet as tolerated.
- Drink plenty of fluids: 3 liters (100 oz) daily. This helps flush the urinary tract and prevents future kidney stones.

Activity

Resume normal activity, showering, and bathing as usual. There are no activity restrictions. Increased activity may cause more blood in the urine — this is normal and not concerning.

Ureteral Stent

A stent is a thin plastic tube that runs from the kidney to the bladder. It helps the kidney drain and protects against swelling and infection after surgery. While the stent is in place, you may experience:

- Blood, clots, or debris in the urine
- Frequent urination or urgency
- Bladder pressure or pain
- Back or side pain, especially during urination

These symptoms vary by person and are normal while the stent remains in place.

Managing Stent Symptoms

- Drink 3 liters (100 oz) of water daily.
- Anesthesia and pain medicine can cause constipation, which worsens stent pain. Use over-the-counter laxatives such as: MiraLAX, Milk of Magnesia, Colace (docusate), Senna (Senokot), or Dulcolax (bisacodyl), suppositories (Dulcolax) or enemas (Fleet), if needed.
- Soak in a warm bath or take a hot shower for relief.
- Apply a heating pad or ice pack, as needed.

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

POST-OP Instructions



- Apply a topical pain reliever (BenGay, IcyHot, Salonpas) to the back / bladder area.
- Acetaminophen (Tylenol): Take as directed, every 6 hours while awake. Do not exceed 4000 mg per day (including from prescription medications). Avoid if you have liver disease.
- NSAIDs (Ibuprofen, Advil, Motrin, Aleve): May be used with Tylenol if approved and as instructed by your doctor. Avoid if you have kidney disease, ulcers, or abnormal kidney function.
- Azo / Pyridium (phenazopyridine): Helps relieve bladder pain. Turns urine orange.
- Oxytrol patch (oxybutynin): Reduces bladder spasms and frequency. Safe for men and women.
- Tamsulosin (Flomax): Prescription medication that relaxes the urinary tract to ease stent pain and help pass stones. Take once or twice daily; stop or take before bed if dizzy.
- Narcotic pain medication: Use as directed only if pain persists despite the above. May cause drowsiness, constipation, or nausea. Dispose of unused narcotics safely once recovery is complete.

Stent Removal

The stent is usually removed 5–14 days after surgery in the office via cystoscopy. The procedure is brief (1–2 minutes) and typically not very painful. You may take acetaminophen (Tylenol) beforehand and drive yourself to and from the appointment. The stent must be removed within 3 months.

After Stent Removal

Mild blood, debris, or burning with urination may occur for 1–2 days. Resume normal diet and activity, and continue drinking plenty of fluids.

Follow-Up Appointment

Call the office to schedule a post-operative follow-up if you don't already have one.

Seek medical care immediately for

- Fever over 100.5°F (38.1°C)
- Vomiting
- Uncontrolled pain

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