



Post-operative care following kidney stone surgery

What to expect after your stone surgery?

- You may experience a burning sensation when you urinate over the next 2-3 days.
- You may notice a small amount of blood in your urine over the next 2-3 days.
- Some pain in your flank over the next few days.
- Stent symptoms:
 - A small rubber tube (ureteric stent) running from your kidney to your bladder, may be placed during the surgery.
 - This is to protect your kidney to ensure it can continue to drain urine into your bladder.
 - You may experience flank or bladder pain, urinary frequency, blood in your urine before the stent is removed.
 - You may have more pain when you urinate. Some patients find it more comfortable urinate sitting down.
 - Avoid strenuous physical activity while you have a ureteric stent in place as it can make the symptoms worse.

What you can do to help with your recovery?

- Drink at 8-10 glasses of water every day for the next 2-3 days. This will help you flush your bladder and reduce the risk of bleeding, clots from forming in your bladder and infection.
- To avoid waking up to go to the bathroom at night, try reducing your fluid intake 2-3 hours before bed

When should you contact us?

- When you have bleeding for more than a 24-hour period, and the bleeding is not improving with drinking more fluids
- When you see blood clots in your urine
- Burning when you urinate lasting more than 5 days
- Unable to urinate
- Having fever, chills or rigors
- Pain not managed by the prescribed medications
- Any other problems or concerns

Further information:

If you have any concerns or questions, please contact as below:

- Urology nurse: 03 8415 1915 (during business hours)
- Ward 1 East, Epworth Freemason hospital: 03 9483 3602
- Your surgeon: (contact details on card)