

### **PERCUTANEOUS NEPHROLITHOTOMY POST-PROCEDURE INSTRUCTIONS**

REV. 11/12/2015

Your attention to the following instructions during your initial recovery will contribute to the success of the procedure.

#### **Terms**

Percutaneous nephrolithotomy (PCNL): procedure done to remove large or multiple kidneys stones in a minimally invasive way

#### **Diet**

When you return home, you may resume your normal diet immediately; however, we recommend that you avoid rich or fried foods during the initial phase of your recovery. To avoid constipation, drink plenty of fluids. Good hydration after this procedure is very important.

#### **Activities**

You must restrict your physical activities for 1-2 weeks after your procedure. During the first few weeks following surgery, avoid lifting heavy objects (anything greater than 10 lbs), exercising or doing yard work or housework. If you are employed, ask us specifically about your restrictions at work. We can provide a note to your employer if needed.

#### **Wound Care**

You may be released from the hospital with a small tube coming from your back that allows the kidney to drain. It is important that urine produced by the kidney drain freely through the tube and into the attached collection bag. Do not let the tube become kinked. Before you leave the hospital, you will be shown how to empty the collection bag. Be sure to empty it regularly.

It is not uncommon to have blood in your urine for several days after the procedure. Even if you go home without a drainage tube, it is not uncommon to have bloody urine lasting several days to several weeks after the procedure.

#### **Hygiene**

You may shower 24 hours after surgery. You may shower with the tube in place. After a shower, pat the tube site dry. Tub bathing, swimming or any soaking should be restricted until the tube has been out for a week.

#### **Medication**

You will be sent home with a prescription pain medication. If the pain is not too bad, you may take either Tylenol (acetaminophen) or Advil (ibuprofen). If the pain medication you are sent home with does not control the pain, please contact us. You may also be sent home on antibiotics. Be sure to take the antibiotics until they are gone. If you were taking aspirin or any blood thinners prior to surgery, be sure to ask your doctor about when you should restart these. You can resume all other medications that you were taking before the procedure.

#### **Follow Up**

Your doctor will tell you when he or she wants to see you back in the office after your procedure.

#### **Call Your Urologist If You Experience These Problems**

- Fevers over 101.5° F
- Heavy bleeding or clots (see notes above about blood in urine)
- Inability to urinate
- No drainage from the tube in the kidney
- Increasing pain in the kidney that was operated on