

## Percutaneous Nephrolithotomy Post Procedure Instructions

### About Your Surgery

During your hospital stay, you underwent a Percutaneous Nephrolithotomy (PCNL) to remove kidney stones.

### Home Care

#### Activities:

- No heavy lifting, more than 10 pounds, for two weeks.
- No soaking in a tub or body of water for two weeks or until your skin incision is completely healed.
- You may return to work with the above restrictions.

#### Medications:

- Please refer to your discharge instructions for any changes to your medications.
- If you are taking blood thinners such as aspirin, Coumadin, Eliquis, etc., **do NOT** resume these medications until instructed to do so by your surgeon. Most patients who take aspirin will resume this in 2 weeks. Most patients who take Coumadin or Eliquis will resume this 5 days after surgery.
- For any discomfort take Tylenol. You may take up to 1000mg every 8 hours. Discuss taking NSAIDs such as Advil/Ibuprofen/Motrin with your Surgeon.
- For any post-operative constipation, you may take over the counter agents. If you were given a prescription for a narcotic, take Colace 100mg twice a day while using the narcotic.

#### Ureteral Stent:

- After your surgery you have a ureteral stent in place. A stent is not a permanent device and will be removed in our office in 1-2 weeks.
- Common symptoms associated with the stent include urinary frequency, urgency, and burning. These symptoms will improve with time as your body acclimates to the stent. The best way to help your body is to drink plenty of fluid. Try to drink 2L of fluid a day. Your surgeon may offer you prescription medications such as Pyridium and/or Flomax to help with stent discomfort.

## Recovery:

- You may notice blood tinged urine as long as the ureteral stent is in place.
- You may have some drainage from your back incision. Some patients require a bag or ostomy appliance over the incision for a few days. The best way to help this heal is to sit upright and to frequently empty your bladder.

## When to call your Physician:

- Fever >101.5F
- Inability to empty your bladder
- Worsening pain, not controlled by your medications
- Drainage from the small incision in your back that lasts longer than 1 week
- Inability to keep down food/liquids, persistent nausea/vomiting

## Follow-up Care

- You will return to clinic in 1-2 weeks to have your ureteral stent removed. At that time, your stone analysis will be discussed with you as well as steps that you can take to decrease your risk of forming future kidney stones.
- If you haven't received information about your appointment within 48 hours of being discharged from the hospital, please call our clinic.

## Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care. Percutaneous Nephrolithotomy Home Care. 2/23/2021.