

INSTRUCTIONS AFTER LITHOTRIPSY (ESWL)

- Do not drive, operate heavy machinery or make legal/financial decisions for 24 hours due to the anesthetic medications you have received.
- Rest today. You should not do any strenuous activity or heavy lifting for 3 days. You may resume exercise routines in 3 days.
- You may return to work/school in a few days.
- Begin with a light diet. Slowly return to your normal eating habits as tolerated.
- Take your pain medications as prescribed. Depending upon your individual circumstances, you might also have an antibiotic prescribed.
- Resume your normal prescription medications except for Coumadin, aspirin, Plavix, Pradaxa or any blood thinning medications. Restart these 72 hours after surgery.
- You might have some soreness or bruising over the area where the sound wave meets your skin. An ice pack on this site can be used to decrease the discomfort.
- Your urine can appear blood tinged for up to 48 hours (longer if you have a stent).
- Please strain your urine in order to catch the fragments for analysis. Please bring the fragments to your post-operative visit. We will give you a lab slip so you can take the stones to the lab to be analyzed.
- Please call the office to make an appointment to be seen in 2-3 weeks. You will need an x-ray called a "KUB" or abdominal x-ray prior to your follow up visit. Even if you are pain free, only a kidney x-ray can determine the success of the treatment.
- Please do not do your x-ray until the last few days prior to your follow up appointment. It is best if the x-ray shows a current view of any remaining stone fragments.

REASONS TO CALL YOUR DOCTOR:

- Fever over 101 degrees orally
- Rash or itching after taking pain medication or antibiotics
- Persistent nausea or vomiting
- Pain not relieved by medication
- Inability to urinate
- Any other questions not answered here.