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## **POST-OPERATIVE INSTRUCTIONS (ESWL)**

1. The purpose of the ESWL procedure is to pulverize stones in the urinary tract (both kidney and ureter) into small sand like particles that may be passed spontaneously.
2. Discomfort and redness at the treatment site are common. While the goal is to reduce the stone to particles small enough to pass painlessly, this is not always possible, especially with larger stones. A prescription for a narcotic analgesic will be provided. You may use this medication for severe pain, or acetaminophen for minor discomfort. If the pain is so severe that the pain medication is not helping, phone your doctor.
3. Seeing blood in the urine is not uncommon. It should clear with rest and hydration. Do not resume any aspirin containing medications or anticoagulants without consulting your doctor.
4. Straining the urine post procedure will enable fragment analysis through my office. The particles will look like sand, and may be brown, tan, or black. Bring the fragments to your first post procedure visit with your doctor.
5. Once you arrive home there are no dietary restrictions. You should increase your fluid intake. No alcohol should be consumed for 24 hours after the procedure. No Advil, Motrin, etc for 48 hours. Tylenol is okay.
6. In most instances normal activity may be resumed in 24-48 hours. If you are taking the narcotic analgesic, do not drive or operate dangerous machinery.
7. You need not take your temperature, but if you begin to feel feverish, and have chills, call your physician if your temperature is greater than 101 F.
8. When at home, call for a post-operative office visit, in some instances another ESWL, or supplemental treatment will be required if the stone is not completely fragmented.