

## Kidney Stone Surgery Ureteroscopy/Laser Lithotripsy

### The Procedure

Ureteroscopy is a minimally invasive technique that uses a small camera that is passed into your bladder, the ureter, and into your kidney to where the stone is located. The procedure lasts one to three hours. Depending on the size of the stone, we will either trap it with a basket or break it up into small pieces with a laser. Because of swelling, we sometimes will leave a small stent inside the kidney and ureter to allow healing. There is a small chance of infection, pain, damage to surrounding tissues, and need for re-operation with this surgery.

### Preparation for Surgery

- Avoid taking Aspirin, Motrin, Ibuprofen, Advil, Vioxx, Plavix, Coumadin, Celebrex 1 week before surgery as this may increase your bleeding risk
- If you suspect that you may have a urinary tract infection, please call the urology office or walk-in to the urology clinic so that we can obtain a sample of your urine or prescribe you antibiotics
- Do not eat or drink anything after midnight the night before surgery

### What to Expect After Surgery

**Pain:** You can expect to have some pain that may require pain medication for a few days after discharge. Tylenol should be sufficient to control your pain. If your pain is not controlled, call the urology office from 7AM-6PM.

**Blood in the Urine:** It is normal to see some blood in the urine after surgery. It may appear tea colored to pink. If it resembles red wine call the urology office or go to the Emergency Department

**Nausea:** Some patients may have nausea with the stent or after anesthesia. If you have uncontrolled vomiting, call the urology office.

**Showering:** You may shower at home after surgery

**Activity:** Taking walks is advised. Do not sit or lie in bed for prolonged periods of time. Driving should be avoided for one day after the procedure. You can expect to return to full activity and return to work within one week after surgery. No strenuous exercise or heavy lifting (>20-lbs) for one week

**Diet:** No dietary restriction. Increase fluid intake to >2.5L of fluid per day

**Fevers:** Call the urology office during business hours for any fevers or chills. If after hours, go to the nearest Emergency Department

**Follow-Up Appointment:** After surgery, you should be given a follow-up appointment. If you are not given an appointment, call (323) 409-5787 to schedule an appointment within 2 weeks after surgery

When to go to the Emergency Department: If you have severe pain, uncontrolled vomiting, high fevers, significant bleeding, chest pain, shortness of breath, severe headache, or loss of consciousness go to your nearest emergency room or call 911

**Questions? Call (323) 409-5787**