

## **Kidney Stone Surgery**

PCNL: Percutaneous Nephrolithotomy

### **The Procedure**

PCNL is a surgery that is used to remove certain stones from the kidney or upper urinary tract that are too large for small cameras. The length of surgery is 3-4 hours. Typically a small incision is made on the back and a tube is placed into the kidney using X-ray guidance. Using a camera and several devices the stone is broken up and removed from the body. Depending on how large the stone is and how much bleeding there is, we will leave a drain in the kidney that may come out from the skin (nephrostomy tube) or be placed internally (ureteral stent). Patients will typically stay overnight in the hospital.

### **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

**Drainage from your back:** It is normal to have some fluid draining from your back the first few days after surgery. This is where your surgical drain was placed. The hole will close after a few days. If pus or blood starts is seen call the urology office.

**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. It is ok to clean the area where the small incision was made on your back with soap and water. Do not scrub the area. You may place a gauze over the incision after cleaning.

**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**