



COMPREHENSIVE

UROLOGIC CARE

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Percutaneous Nephrostolithotomy (PCNL)

Postoperative Instructions

DIET:

You will begin clear liquids immediately after surgery and your diet will be advanced slowly. Upon discharge from the hospital (typically 1-2 days), you can resume a regular diet. Many patients find that carbonated, caffeinated or alcoholic beverages and spicy foods can be bothersome in the first week after surgery. Eat plenty of fiber-rich foods for the first 1-2 weeks. Alcoholic beverages are best avoided in the first 24 hours and while taking any narcotic pain medications. It is important to drink plenty of water (6-8 glasses daily) after your kidney surgery to stay well hydrated and avoid constipation.

ACTIVITY:

When you leave the hospital you can (and should) walk daily and go up and down stairs as needed. It is important to move around regularly and avoid sitting on the couch or lying in bed all day! You should avoid strenuous activity and/or exercise for 2 weeks after your surgery. This includes avoiding golfing, tennis, and jogging, working out/stretching activities, lawn work such as mowing, raking, shoveling, sexual activity, and lifting more than 15 lbs. You may shower at home but should not soak in a bath, hot tub, or swimming pool for at least 2 weeks. Discuss any specific work- or activity-related concerns you have with your urologist.

MEDICATIONS:

You will be prescribed a narcotic pain medication-take this as needed per the instructions. Note that these medications can cause upset stomach and be constipating. If this is too strong or you do not tolerate this, try taking acetaminophen/Tylenol (over-the-counter) as needed for pain. It is best to avoid medications such as Advil, Motrin, ibuprofen, naproxen, etc. after your kidney surgery as this can increase the risk of bleeding.

It is important that if you take a daily blood-thinning/anti-platelet medication (Coumadin/warfarin, aspirin, Advil/Motrin, Lovenox, Pradaxa, Eliquis, Xeralto, Plavix, etc.) that you only restart this as instructed by your physicians.

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BOWELS:

It is important to avoid constipation as you recover from your kidney stone surgery. Drink plenty of fluids (especially water). Narcotic pain medication can be constipating and it is important to take an over-the-counter stool softener/laxative to help prevent constipation (Miralax, milk of magnesia, Colace, etc.).

NEPHROSTOMY TUBE CARE/DRESSINGS:

You may or may not have a nephrostomy tube after your surgery. This is a small tube to allow urine to drain from the kidney into a bag. If your urologist wants you to go home with this, the nurses will review its care with you prior to discharge. It is important to keep the tube free flowing and check that it is not kinked. Blood-tinged urine is not uncommon. Keep the drainage bag below the level of the kidney. You should clean the insertion site daily with soapy water and pat it dry. A clean dressing can be applied daily. If your urologist did not leave a tube (or it was removed prior to your discharge from the hospital) then simply apply a clean dressing daily to the site. It is not uncommon for the site to leak fluid (urine) and have bloody drainage for 1-2 days.

EXPECTED SYMPTOMS:

It is normal to have some flank pain as well as some bruising around your nephrostomy tube/incision site. Blood-tinged urine can occur for at least several days. If your urologist left a ureteral stent in place, you may have discomfort in the back after urinating. The ureteral stent can also cause have a burning sensation when urinating, urgency to urinate frequently, bladder spasms, and blood in the urine for several days after your procedure. Contact us immediately for worsening/severe abdominal or flank pain, fevers and/or chills, cloudy pus-like drainage from your incision, trouble breathing or pain in your chest, or swelling in your legs.

FOLLOWUP APPOINTMENT:

Our office will contact you to schedule your follow-up appointment. This will typically be in 1-2 weeks.