

## **San Buenaventura Urology**

*in association with Community Memorial Health System*

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Adult & Pediatric Urology

### **PERCUTANEOUS LASER LITHOTRIPSY**

This procedure approach is used to treat stones that are in the kidney collecting system that are too difficult of large and a direct visualization of the stone will result in a better outcome. A small tube is placed into the flank area into the kidney the day before the procedure. This is done in the Cath Lab at Community Memorial Hospital by the Interventional Radiologist under CT or Ultrasound guidance. The following day, our Urologist places a special small scope into the kidney through that opening and up next to the stone. He is able to direct a laser to pulverize the stone in small passable fragments. Sometimes, multiple procedures are required to treat a large stone or a cluster of stones that have accumulated in the kidney.

### **POST OPERATIVE INSTRUCTIONS**

You will be drowsy as you will have had general anesthesia. Rest at home and drink large amounts of water or water with juice of one lemon daily. This will help move the fragments along and soften the remaining fragments.

No driving for 24 hours or as long as you take pain medication.

Return to the office at your scheduled post op appointment. Please do any x-rays or imaging studies that we have ordered for you beforehand.

Check your temperature a couple times per day. Call the office if the temperature is over 100.4\* F. Eat normally if you are not nauseated. Nausea is common. Call us for anti-nausea medication if needed. Take the pain medication you have been given if you have pain while passing the stone fragments. Remember, pain medicine causes constipation. Use an over the counter laxative such as Milk of Magnesia or Senna, or a softener such as Colace if needed. Get out and walk around a couple times per day, this is good for you for several reasons. Walking promotes stone passage as it massages the stones through the ureters to the bladder. It also increases your circulation and deep breathing which helps prevent blood pooling in your legs. Walking helps you resume normal life energy and strength, which will help you overall.

Call the office for oral temperatures over 100.4\*. Bright red blood in the urine, some pink blood and occasional small red clots are normal, but not bright red syrup blood. Call if you cannot pass urine. Call if you have unrelenting nausea and need anti-nausea medication. Keep your post op appointment in the office for review of your progress in stone passage and any other follow up treatment you may need.