



Adult and Pediatric Urology

STONE EXTRACTION: EXTRACORPOREAL SHOCK WAVE LITHOTRIPSY (ESWL) POSTOPERATIVE INSTRUCTIONS

What to Expect

- Mild burning with urination, frequency, urgency, and/or incontinence.
- Blood in the urine (may be more significant with stent placement)
- Mild to moderate discomfort (very individualized)
- Bruising and/or redness to site
- Low-grade fever.
- Mild nausea and vomiting secondary to anesthesia.

Activity

- No strenuous exercise for 24 hours

Diet and Elimination

- Increase water intake to keep urine clear.
- Diet as tolerated. (stone prevention diet)
- Avoid straining with bowel movements.
- Strain urine and save sample for analysis.

Call our office if:

- Difficulty voiding.
- Persistent, severe pain or burning with urination
- Temperature greater than 101.5 F.
- Severe nausea and vomiting.