***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.