

## ST. LOUIS UROLOGICAL SURGEONS

### INSTRUCTIONS AFTER LITHOTRIPSY

- Do not drive, operate heavy machinery or make legal/financial decisions for 24 hours due to the anesthetic medications you have received.
- Rest the remainder of today. You should do no strenuous activity or heavy lifting for 3 days. You may resume exercise routines in 3 days.
- You may return to work/school in \_\_\_\_ days.
- Begin with a light diet. You may return to your normal eating habits as tolerated.
- Take your pain medications as prescribed. Depending upon your individual circumstances, you may also have an antibiotic to take as well
- Resume your normal prescription medications except for **coumadin, aspirin, plavix, ticlid** or any **blood thinning medications**. These may resume when authorized by your doctor.
- You may have some soreness or bruising over the area where the sound wave meets your skin. You may wish to use ice at this site.
- Your urine may appear blood tinged for up to 48 hours (longer if you have a stent).
- Please strain your urine in the strainer provided in order to catch the fragments for analysis. Please bring the fragments to your post-operative visit.
- Please call the office to make an appointment to be seen in 2-3 weeks. *In spite of being pain free, only a kidney x-ray can determine the success of the treatment. Please come early to get an x-ray.*

### REASONS TO CALL YOUR DOCTOR:

- Fever over 101 degrees orally
- Rash or itching after taking pain medication or antibiotics
- Persistent nausea or vomiting
- Pain not relieved by medication
- Inability to urinate
- Any questions not answered here.
- Our exchange number is 314.388.6575

