What to expect after your Bladder Stone Surgery (Cystolithopaxy)

During the first 24 hours following anesthesia:

1. You should **NOT** drive for the first 24 hours following your procedure.
2. You should **NOT** drink alcohol for the first 24 hours following your procedure.
3. You should **NOT** make any important decisions or sign any legal documents during the first 24 hours following your procedure.
4. You should start with a clear liquid diet and advance slowly as tolerated.
5. Experiencing some nausea and vomiting following sedation/anesthesia is **NOT** uncommon.

**Diet:** After anesthesia, begin with clear liquids. Depending on how you feel the following day, you may resume your normal diet. The appetite may be diminished the first several days at home. Drink plenty of water and avoid heavy meals.

**Symptoms:** You may see blood, debris, small clots and small stones in the urine after surgery. You may have burning when you urinate for several days. You may have mild pain in the low abdomen. These all are normal symptoms after surgery.

**Foley catheter:** After surgery, you may have a Foley catheter placed in your bladder. A Foley catheter is a tube that carries urine from your bladder to the outside of your body into a bag. This urinary catheter will stay in place until your body heals. If placed, the catheter is typically removed 2-7 days after surgery. If the bladder is slow to function after surgery, the catheter may need to be replaced for a few days.

**Activity:** Be sure to walk at least three times per day. This helps prevents blood clots in the legs, which can travel to the lung and become life-threatening. You may take walks outside. You may go up and down stairs. Your energy will return over the next week or two. You should avoid strenuous activity for 2-4 weeks. This includes activities such as running, tennis, lifting weights, etc. You should avoid carrying anything over ten pounds for 2-4.

**Medication:** You can obtain good pain relief by taking two **acetaminophen (Tylenol)** every four hours while awake for the first several days. You may also get a prescription for pain pills. You should not use these prescription pain pills in addition to acetaminophen as each tablet already contains acetaminophen. Do not exceed 4000 mg acetaminophen per day. You may purchase a **stool softener** to avoid straining after surgery. Take plenty of fiber and water or over the counter stool softener, Dulcolax 2 tablets or Milk of Magnesia 2-3 tablespoons.

**Bathing:** You may bath and shower as you normally do.

**Call the office:**
- Fever greater than 101°
- Difficulty urinating
- Bright red blood in the urine with large clot
- Uncontrolled nausea and vomiting
- Pain not relieved within 72 hours.
• Any drug reactions

**Postoperative appointment:** You may need a postoperative visit in approximately 7-10 days after your discharge. Call the office to make an appointment if you do not already have one.

  **Office phone 8 AM to 4 PM Weekdays - (410) 266-8049**
  **After 4 pm, Weekends and Holidays - (443) 481-3003**