

Anand Shridharani, MD

Men's Reproductive and Sexual Health Specialist
Staff Urologist

Academic Urology

961 Spring Creek Rd, Ste 202
Chattanooga, TN 37421

Office 423-778-6941 • Fax 423-778-6936

SHOCK WAVE LITHOTRIPSY (ESWL) POST-OP INSTRUCTIONS

ACTIVITY:

- Rest for 24 hours following the procedure. Increase activity as tolerated. Avoid all vigorous activity and do not lift, push or pull anything >15 pounds for 5-7 days.
- You may shower.

MEDICATIONS:

- Take pain medication as directed by your surgeon.
- If you have a urinary catheter or ureteral stent in place the discomfort caused by the tube will not be relieved by narcotics and you may require another medication (oxybutynin) to reduce bladder spasm.
- May be given Flomax to assist with stone passage.
- Clarify with your doctor when to resume aspirin and other blood---thinners (i.e. Coumadin/ Warfarin, Plavix, Motrin/ibuprofen).

WHAT TO EXPECT:

- You may have some soreness and bruising over the area where the shock waves met your skin. Ice over the area (on for 20 minutes, off for 20 minutes) for the first 24 hours may help.
- Some blood in your urine is normal. Please continue to stay hydrated until your urine appears clear. This will flush the old blood out of your bladder. This will continue as you pass your stones.
- You may experience a burning sensation while urinating especially if you have had a cystoscopy. This will resolve in 2-5 days. If this sensation persists and is associated with bladder pain, fevers, or chills then notify your physician as you may have a urinary tract infection.

FOLLOW-UP INSTRUCTIONS:

- You will pass stone fragments after the procedure. Please collect them with a urine strainer and bring them to your follow-up visit with your surgeon.
- Follow-up in 2-4 weeks with your surgeon. Bring a KUB (X-ray) to your clinic appointment, check with your physician if you do not have a scheduled time.

PROBLEMS TO WATCH FOR—NOTIFY YOUR SURGEON IF YOU HAVE ANY OF THESE SYMPTOMS:

- SEVERE abdominal pain and/or inability to empty your bladder
- Temperature over 101 degrees.
- Bright red blood in your urine that does not resolve with hydration.

If you have had general anesthesia, it is important to keep your lungs clear and expanded, by taking deep breaths every 2 hours for 24 hours, while awake. Also, until you are back to your normal activity level, it is important to maintain good circulation by being up and around at home, but not in excess.

Please call 423-778-5910 our practice's main number if you are unable to reach us through the clinic number above. You will be able to reach the on-call physician after clinic hours.