

## WHO IS SUITABLE FOR CYSTOLITHOLAPAXY?

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Cystolitholapaxy is indicated in patients who have bladder stones that cannot be passed by drinking extra water.

Most often, these patients are men who are concurrently suffering with BPH (prostate enlargement). Your urologist will be able to recommend an appropriate treatment plan to manage BPH and prevent further stones from forming.

## WHAT ARE THE ADVANTAGES OF CYSTOLITHOLAPAXY?

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Cystolitholapaxy is a minimally invasive approach, with numerous benefits compared to conventional surgery:

- no incisions

- less risk of blood loss

faster and more comfortable recovery  
shorter hospital stay (day surgery in some cases)

## HOW IS CYSTOLITHOLAPAXY PERFORMED?

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Cystolitholapaxy is performed under general anaesthetic

The procedure usually takes under an hour

A video scope (cystoscope) is passed into the bladder via the urethra

The bladder stones are fragmented using a laser

The surgeon removes the fragments when they are small enough.

## WHAT TO EXPECT AFTER CYSTOLITHOLAPAXY?

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Patients usually stay in hospital for 1 night following cystolitholapaxy(day surgery in some cases)

The most common side effects following the procedure include discomfort or burning with

urination and blood in the urine

Commonly, patients will have a temporary urinary catheter in place

Light, normal activities can be resumed within a week in most cases

Complete recovery can take 2weeks, during which time strenuous activity should be avoided.

## PROCEDURE OUTCOMES

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Cystolitholapaxy is a safe and effective procedure for the treatment of bladder stones

It resolves the common painful symptoms and bleeding associated with bladder stones

It is the most effective procedure to ensure all stones are removed from the bladder

Your urologist will advise you regarding further treatment and management of the underlying cause of the bladder stones.

## POST-OPERATIVE CARE INSTRUCTIONS

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### What to expect:

Relief from the common symptoms of bladder stones (bladder pain, bleeding and infection).

Blood in the urine is common for 2-4 weeks following your procedure, but in some cases it may take longer to resolve. This may be intermittent.

Commonly, patients will require a temporary urinary catheter in the bladder after surgery.

Burning and stinging with urination may last days or up to weeks following the procedure. This does not usually indicate infection, but is part of the healing process. You may use Ural (available over the counter at pharmacies) to alleviate your symptoms.

### Return activity:

Driving – no driving for 1 week following surgery (or as advised)

Work – you will require some time off work. The duration depends on your occupation

Lifting – avoid heavy lifting or straining to open bowels for at least 2 weeks after surgery, to minimize the risk of secondary bleeding

Activities – walking is fine and encouraged after surgery. Strenuous activity including running, gym, golf, cycling and swimming should be avoided for 2 weeks.

Sex – avoid for 1-2 weeks.

Pain Management:

You may take ibuprofen or paracetamol if you are experiencing pain or discomfort. Ural sachets (available over the counter at pharmacies) can help with burning or stinging with urination. Your anaesthetist may provide other pain relief.

Head to your nearest hospital emergency room if:

You are unable to urinate (this may be due to secondary bleeding and clots; this can occur within the first month or so after surgery)

You have fevers, chills or shakes (may indicate infection).

Follow-Up Information:

Our rooms will contact you to arrange a follow-up appointment with your urologist, typically 6-8 weeks following surgery

Your follow-up appointment is on:

\_\_\_\_\_ at \_\_\_\_\_.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website [melbourneurologycentre.com.au](http://melbourneurologycentre.com.au) contact our rooms on 1300 702 811 or [\[email protected\]](#)

Post-Operative information for this procedure can be found here: [Cystolitholapaxy Post-Operative Care Instructions](#)

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