

Cystolitholapaxy

Who is suitable for cystolitholapaxy?

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?

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?

- 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 robotic-assisted enucleation of prostate?

- Patients should expect to remain in hospital for 2 nights after the procedure
- A urethral catheter will be required for up to a week after the

- procedure to allow healing to take place
- In most cases 'light' activities can be resumed within a week after the procedure
 - Recovery may take up to 4-6 weeks during which time strenuous activity should be avoided
 - The most common side effects include discomfort or burning with urination, blood in the urine, urgent need to urinate and/or difficulty controlling the urge. Most of these symptoms generally subside within the first two weeks following the procedure

What to expect after cystolitholapaxy?

- 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

- 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

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 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](#)

Written by [Dr. Shekib Shahbaz](#) and [Dr. Tony de Sousa](#)