

## Post-Operative Care Instructions: Extracorporeal Shockwave Lithotripsy (ESWL)

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### **What to expect:**

- Minor bruising may be present on the skin on your back at the site of the treatment; you may take paracetamol or ibuprofen for discomfort
- Blood in the urine is common and may last for a day or so following the procedure; ensure you drink plenty of fluids
- You may notice the passage of some stone 'gravel' fragments in the urine.

### **Return to activity:**

- Driving – no driving for 24 hours or until you are pain free
- Work - you will require some time off work; the duration will depend on your occupation. Generally, you may return to light duties after 24-48 hours
- Lifting – avoid heavy lifting for a week following your procedure
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for a week following your procedure.

### **Pain Management:**

You may take ibuprofen or paracetamol if you are experiencing discomfort.

### **Head to your nearest hospital emergency room if you have:**

- You are unable to urinate (rare, but may occur if there is significant blood in the urine)
- Fevers, chills or shakes (may indicate infection)
- You have severe back or flank pain that cannot be controlled with medication

### **Follow-Up Information:**

Our rooms will phone you within the next 1-2 days to arrange a follow-up appointment with your urologist. Your urologist will usually request that a follow-up scan be done prior to your appointment.

### **Contact Information:**

Should you have any questions or concerns, please phone our rooms on 1300 702 811 and we will assist you promptly.