

Post-Operative Care Instructions: PCNL (Percutaneous Nephrolithotomy)

What to expect:

- When you wake, you will have a small tube in place (nephrostomy tube) in your back/flank area. This is typically removed 1-2 days following surgery.
- You may also have a temporary ureteric stent in place (internal), to assist your kidney to drain urine down into the bladder. This is typically removed 1-2 weeks following surgery.
- You may also have a urinary catheter in place, which allows your doctor to monitor your urine output. This will be removed prior to discharge.
- You can expect to have some pain in the flank area, which can be controlled with medication.

Return to activity:

- Driving – no driving for at least 1-2 weeks, or until you are comfortable to do so
- Work - you will require at least 1-2 weeks off work, possibly longer depending on your occupation
- Nephrostomy Site Care (your nurse will assist with this)
 - The bag must be kept below the level of your kidney at all times
 - You may shower with your nephrostomy tube in place, however take care to pat the area dry immediately after showering. Do not take a bath/soak while the tube is in place
- Lifting – avoid heavy lifting for 2 weeks following your procedure
- Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity and straining to open your bowels for 2 weeks following your procedure
- Sex – avoid for 2 weeks following the procedure.

Pain Management:

You may take ibuprofen or paracetamol if you are experiencing discomfort. Stronger pain relief may be provided if necessary.

Head to your nearest hospital emergency department if you:

- Have severe pain that cannot be controlled with medication
- Notice that a large amount of urine is leaking from your nephrostomy site
- Are unable to urinate
- Are unwell with a high fever

Follow-Up Information:

Our rooms will contact you to arrange a follow-up appointment with your urologist, typically 1-2 weeks after your procedure.

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 reception@urodoc.com.au