

Post-Operative Care Instructions: Cystolitholapaxy

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 to 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 reception@urodoc.com.au