_____'s Care Guide after Percutaneous Nephrolithotomy (Kidney Stone Surgery)

I came to the hospital on _____ and left on _____

I came to the hospital because _____

How I may feel and what I should do

These symptoms are **normal**	My notes
I may feel pain • I may feel some pain and swelling after surgery. • I can use an icepack to help with pain and swelling. • I should speak with my pharmacist about using Tylenol Extra Strength. **I can't** drive or drink alcohol while taking narcotic pain medication. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.	_____ _____ _____
I may feel constipated • Pain medication can make it hard for me to have a bowel movement. • I should drink lots of water and eat lots of fruits and vegetables. • **I shouldn't** strain or push too hard when having a bowel movement. • I can take a stool softener like Senokot if I haven't had a bowel movement in 2 days. I should ask my pharmacist if I need advice.	_____ _____ _____ _____
I may feel tired • I should rest when I'm tired. Pain medication can make me feel sleepy. • I should have someone stay with me for 24 hours after my surgery. • **I can't** drive or drink alcohol for at least 24 hours after I've left the hospital.	_____ _____ _____
I may not feel hungry • I should eat smaller meals and snacks more often. • I should drink lots of fluids often to avoid a blood clot	_____ _____ _____

These symptoms are **not normal**	These symptoms are an **emergency**
• My temperature is over 38.0°C or I have chills. • Large amount of blood in urine • I have pain that doesn't get better when I take pain medication. • I have leaking of large amounts of fluid from the kidney tube site for more than 48 hours. • **I can't** urinate within 8 hours of my surgery, even if my bladder feels full.	• I have trouble breathing. • I have chest pain.
I need to **call my surgeon** or go to the nearest **emergency department** if I can't reach my surgeon.	I need to **call 911.**

How I should care for my incision

If I have steri-strips (small strips of paper tape on my incision)

- The steri-strips should fall off on their own in 7-10 days.
- If they haven't fallen off on their own, I can gently remove them in the shower after 10 days.
- **If I have a clear (tegaderm) dressing (film dressing with a cotton pad)**
  - Monitor dressing and change it every 2-3 days for 7 days or when spoiled

About my ureteric stent: I am leaving the hospital with a ureteric stent

- A ureteric stent is a thin latex-free plastic tube that sits inside the ureter (the tube from the kidney to the bladder).
- A ureteric stent allows urine to drain freely.
- A ureteric stent is usually removed by the surgeon at follow up appointment within 2 weeks after surgery. Otherwise, call the doctor as it **MUST** be taken out or replaced within 3 months.

How my activities will change

Showering

- I can shower 24 hours after my surgery.

Daily activities.

- I should practice deep breathing to keep my lungs healthy.
- I should be active to help me gain strength and feel better.
- I should go for walks often. I should rest and take a break when I need one.
- If I need to take a long car ride, I should stop and walk every 1-2 hours.

Eating

- I can eat normally after my surgery.

Taking medications

- I should follow the instructions on my medication bottle.
- I should take my regular medications, unless my surgeon has told me not to.

My notes

My medications

- ❒ I was given a list of medications I need to take.
- ❒ I was told why I need to take my medications.
- ❒ I was told about the side effects of my medications.

My appointments

- ❒ I was given a list of my appointments.
- ❒ Someone reviewed my list with me.

Where I can go for more information

For information about…	I can call or go to…