

## Post-Operative Instructions for Lithotripsy

After undergoing a Lithotripsy procedure, it is very important to care for yourself properly in order to ensure the best possible result.

### **Immediately after Your Procedure:**

- Go home and relax.
- Drink lots of fluids - at least 8 to 10 glasses per day

### **General Instructions:**

Some lithotripsy patients experience tenderness in the area where the shock waves were delivered, and may experience minor pain as the stone particles pass from the body in the urine. For this, patients may require pain medication. It is also not unusual to have blood in the urine, which normally disappears within a few weeks.

Following a brief recuperation period, most patients are able to return to work and normal activities within a few days.