

**Alexandria Location**

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Alexandria, VA 22304

tel: 703-680-2111  
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**Woodbridge Location**

2296 Opitz Blvd, Suite 350  
Woodbridge, VA 22191

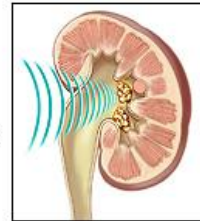
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## ESWL POST-OPERATIVE INSTRUCTIONS

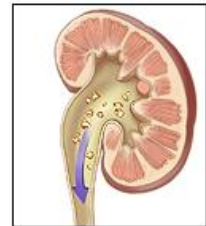
### ACTIVITY

- Go home and rest for the remainder of the day
- Your urine will be bloody and should begin to clear a few days after treatment. **Drink plenty of water.**
- You may have some bruising, redness or slight swelling at your treatment site. Apply an **ice pack** to the affected area for any swelling you may have today. After 24 hours, use **warm heat**, along with your pain medication for relief.
- Strain your urine for 2-3 weeks as directed. Take any fragments you collect to your doctor for analysis.
- Drink lots of water in the weeks after treatment. This helps pass any pieces of stone that still remain.

Shock waves  
break up  
kidney stones



Small pieces  
pass through  
urinary tract



### MEDICATIONS

- Resume prior medications. Do **NOT** start any anticoagulation medication without prior approval from your doctor
- Follow instructions for use printed on the prescription.
- All narcotics cause drowsiness. Do **NOT** drive, drink alcohol, or operate heavy machinery.
- Increasing fiber and fluid intake can ease constipation. Stool softeners such as Colace can also be taken if needed for constipation.
- If the medications cause a reaction such as nausea or a rash, **STOP** the medication and call your doctor.

### WHEN TO CALL THE DOCTOR

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|---|--|
| <ul style="list-style-type: none"> <li>• Temperature &gt; 101 degrees F or severe chills</li> <li>• Pain not relieved with oral medication</li> <li>• Call 911 if you have shortness of breath</li> </ul> | <ul style="list-style-type: none"> <li>• Persistent nausea/vomiting</li> <li>• Excessive bleeding or inability to urinate after several hours</li> <li>• Any questions/concerns</li> </ul> |
|---|--|

### FOLLOW-UP

- You will return to see your physician in 1-2 weeks time with an x-ray prior to assess for stone clearance. If you have a stent in place, this also will need to be removed.