

# Percutaneous nephrolithotomy (PCN) postprocedure instructions

## What is it?

PCN is a procedure where a small incision is made in the back to access the kidney. A nephroscope (thin lighted tube with a camera on the end) is inserted through the incision to break up and remove stones.

## After surgery, what should I expect?

When you awake from the surgery you will have a catheter in place that will remain there for at least one day. You will also have a small tube called a nephrostomy tube come from your back to drain urine from the kidney into a bag. Your doctor may also have placed a small stent between the kidney and the bladder to allow drainage from the kidney. This will be removed within two weeks after surgery. Pink-tinted urine is not unusual.

## Diet and activity after surgery

- Abdominal distention, constipation or bloating: Take a Colace OTC. If you have no movement after 24 hours it is fine to use a Docolax suppository. Do not strain during your bowel movement.
- After surgery you will be given clear liquids such as broth, juices or gelatin. As you are able to tolerate it, you will return to a regular diet.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Walk at least three times a day, gradually increasing your distance.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking in water of any kind (bathtub, hot tub, lake, swimming pool, etc.) until the incision site is completely healed.
- You will be scheduled for a follow-up visit one week after your surgery. The stent may remain in place according to your doctor's request after the visit. Typically it is removed within four weeks after surgery. Feelings of urinary urgency or side-swelling are common while the stent is in place. Do not forget to come back to have the stent removed as leaving it in place too long can result in encrustation by stone debris, infection or obstruction of the kidney.

## If you experience any of the following, please contact our office:

- Your incision becomes increasingly red, swollen or hot to touch.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.

**Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.**

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