You have undergone a **ureteroscopy with laser lithotripsy**—a minimally invasive procedure to remove stones from your ureter or kidney using a thin scope and laser. In some cases, a temporary **ureteral stent** is placed to help urine drain and reduce swelling. If this was placed, Dr Linke will direct you on how to get this removed

**What to Expect After Surgery**

* **Urine may be pink or slightly red** for a few days.
* **Burning or urgency** with urination is common.
* You may feel **pressure, fullness, or flank discomfort**, especially if a stent was placed.
* You may notice **small stone fragments** in the urine.
* Mild **nausea or grogginess** may occur from anesthesia.

**Activity**

* Rest at home for the first **24 hours**.
* You may resume light activity the next day.
* Avoid heavy lifting, strenuous exercise, or sexual activity for **5–7 days**, or as directed.
* **Hydration is important** – drink 8–10 glasses of water per day to help flush out stone fragments.

**Medications**

* **Pain medication**: Take over the counter advil or Tylenol for pain
* **Azo**: This is over the counter and may alleviate some burning with urination

**Urination and the Ureteral Stent**

If a **stent** was placed, it typically remains for **3–7 days**. While it's in place, you may experience:

* Frequent urination
* Urgency or burning
* Mild flank pain with urination
* A sensation of needing to urinate again after finishing

This is normal and should improve after stent removal.

**Diet**

* Resume your normal diet as tolerated.
* Drink **plenty of fluids**.
* Limit caffeine and alcohol for a few days.
* Avoid very salty foods or high-protein diets, which can contribute to stone formation.

**Follow-Up**

☑ **Call Dr Linke’s office to confirm your follow up**

**Call the Office If You Experience:**

🚨 Fever over 101°F (38.3°C)  
🚨 Inability to urinate  
🚨 Severe or worsening pain not relieved by medication  
🚨 Large blood clots in urine  
🚨 Nausea/vomiting that prevents eating or drinking  
🚨 Foul-smelling urine or signs of infection