Removal of Kidney Stones Through the Skin

**Definition:** Kidney Stones is a common urinary tract disease. In the past, all cases of large kidney stones were treated by open surgery with a large incision in the flank or abdomen. In this method, patients complained of pain at the incision site and its complications such as hernia for several months. But with the invention of methods such as crushing with sound waves for stones smaller than 2 cm and closed surgery method (by making a small hole in the skin) for stones larger than 2 cm, most kidney stones are treated easily and without gaps and wide flanks.

**Postoperative training:**

The patient has a urinary catheter to drain urine after surgery and the patient may be discharged with a catheter at the discretion of the physician. One of the complications of urinary catheterization is **urinary tract infection**, which is more common in women.

To prevent this, fluid intake should be increased daily.

Take more sour and acidic liquids such as citrus juice and diluted lemon juice.

It is very important to observe area hygiene and prevent fecal contamination.

If you are discharged with a catheter, be careful not to pull it out and leave it suddenly.

The catheter bag should always be below body level and hung to allow urine to drain well and prevent urine from returning to the kidneys.

Sometimes a tube is inserted into the patient's side to drain urine after surgery. This tube is called a nephrostomy tube with which the patient is discharged and the patient must take care of it at home.

Avoid bending, blocking or twisting the nephrostomy tube.

Always keep the urine bag below your waist.

Avoid manipulating the end of the tube and the bag when attaching the nephrostomy tube to the bladder.

According to the doctor, the nephrostomy dressing should be changed daily or every other day.

Avoid getting the dressing wet when bathing, and replace it if it gets wet.

**Inform your doctor immediately if a nephrostomy tube is removed or if there is a large amount of urine leaking around the tube.**

**Inform your doctor if you have decreased urine volume, fever, back pain, blurred or stinky urine.**

- Since the risk of recurrence of urinary stones is high, it is recommended to drink high fluids. Drink at least 6 to 8 glasses of fluids a day. If frequent urination bothers you, reduce fluid intake after dinner.
- Avoid strenuous activity until your doctor allows it.
- You can walk up the stairs.
- Your urine may be bloody. This blood decreases with fluid intake over time.
- It is normal to have diluted blood in the urine one to two weeks after surgery.
- Refer to your doctor at the appointed time for catheter removal or nephrostomy and revisit.
- Take the given antibiotics until the end of the treatment period.

If you have any questions or ambiguities, call the following number,

023-33437824, Surgery ward of Kosar Hospital