

Patient Aftercare Handout

Simple Instructions for Recovery After Shock Wave Lithotripsy (SWL)

1. What to Expect After Treatment

- It's normal to have mild flank pain, blood in the urine, or slight discomfort for a few days.
- You may pass small stone fragments in your urine — this is a sign that the treatment is working.
- You might feel the urge to urinate more often. This usually settles within a few days.
- If you have a ureteral stent, you may feel mild irritation or burning when urinating — this is temporary.

2. Hydration Is Key

- Drink 2–3 liters of water per day (unless your doctor advises otherwise).
- Good hydration helps wash out small stone pieces and prevents new stones from forming.
- Aim to keep your urine light yellow or clear — this means you are well hydrated.



Scan this QR code to check your personalized hydration goal.

3. Activity and Rest

- You can resume light activities after 24 hours.
- Avoid heavy exercise or lifting for 2–3 days.
- Take rest if you experience pain or tiredness.



4. Pain and Medication

- Take the prescribed pain medicine as directed by your doctor.
- You may use paracetamol or mild anti-inflammatory medication if needed.
- Do not take aspirin or blood thinners unless advised by your physician.



5. Warning Signs – Contact Your Doctor If:

- Fever above 38°C
- Persistent or severe pain not relieved by medicine
- Heavy bleeding or blood clots in urine
- Difficulty passing urine
- Nausea or vomiting that prevents you from drinking



6. Follow-Up and Recovery

- A follow-up ultrasound or X-ray will be scheduled within 2–4 weeks to check for remaining stone fragments.
- Continue drinking plenty of fluids and stay active to help fragment passage.
- If you were prescribed alpha-blockers (e.g., tamsulosin), take them daily until advised to stop.



7. Prevention Tips for the Future

- Maintain a balanced diet and avoid excessive salt or animal protein.
- Stay well hydrated — make it a daily habit.
- If stones recur, your doctor may suggest a metabolic workup to find the cause.



REMEMBER:

- Shock Wave Lithotripsy is a safe, non-invasive treatment.
- Most patients recover quickly and return to normal activities within a few days.



Visit here to read more about patient journey during SWL

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