



Care after Kidney Stone Removal

Revised: 11/13/2025
WH Urology
1202 Medical Center Dr.
Wilmington, NC 28401

Care After Kidney Stone Removal

What to Expect

- Burning with urination or increased urinary frequency for a few days.
- Pink or slightly bloody urine (light bleeding may last up to 48–72 hours).
- Mild flank or bladder discomfort, especially if a stent was placed.
- Mild urgency or the feeling of needing to urinate often.
- If you go home with a stent, it is possible to have bleeding the entire time the stent is in place.

Self-Care at Home

- Drink 6–8 glasses of water daily to flush the urinary tract.
- Take pain medication as prescribed. Over-the-counter acetaminophen (Tylenol) may also help.
- Alternate Motrin and Tylenol as directed if approved by your provider.
- Use a heating pad on your back or abdomen for cramping.
- Avoid heavy lifting or strenuous exercise until cleared by your provider.
- Follow all instructions regarding stent removal or follow-up procedures.

When to Call the Office

- Fever above 100.4°F (38°C) or chills.
- Severe pain not relieved with prescribed medication.
- Inability to urinate.
- Large blood clots in urine or persistent heavy bleeding.
- Nausea or vomiting prevents fluid intake.
- Any concerns about your stent, incision, or healing.

Office Phone: 910-341-3389

Nurse Contact (Chanda Huetter): 910-742-8978

If you cannot reach us and your symptoms are severe, please go to the **nearest emergency department**.