



# Cystolitholapaxy

## What is Cystolitholapaxy?

It is an operation to break up and remove stones in the urinary bladder. Such stones can lead to pain, blood in the urinary tract, infection, and in some cases kidney dysfunction if associated with urinary tract obstruction.

This operation is performed in a hospital or surgery center under anesthesia, and most often the patient will go home the same day. Special instruments are passed into the bladder, and there are no external incisions. Often, a laser is utilized to fragment the stone(s), but other techniques may be applied. Fragments are then removed from the bladder.

Alternatives to this procedure include watchful waiting, or medical management therapies (such as pain medicines or antibiotics).

Anticipated benefits include eradication of the bladder stone and the symptoms related to it.

## What are the risks and typical side effects?

**Bleeding.** As with any operation there will be some bleeding, but is usually mild. This may persist to some degree for several days, rarely for longer. You should hydrate aggressively if bleeding becomes heavy. On some occasions, your surgeon will place a catheter for temporary drainage.

**Infection.** A preventative antibiotic is given prior to the surgery at the hospital, and infection rates are usually less than 5%.

**Injury to the urinary tract.** This is rare and may result from scope or laser damage to the inside surfaces of the urinary tract. In such cases, a catheter may be required for longer than normal duration.

**Urinary irritation.** Urinary bother such as frequency, urgency, incontinence, or bladder discomfort with urination may last for several days following surgery.

**Anesthetic and other risks.** Significant events such as heart attack, stroke, even death may occur as a result of any anesthetic, though such risks are extraordinarily low, especially if properly evaluated by your primary physician before surgery if indicated. Should you develop any pain or swelling of your lower legs and ankles following surgery, notify your doctor's office immediately, as this may indicate a blood clot in your leg (deep vein thrombosis or "DVT"). If a blood clot moves to the lung this could be immediately life-threatening, and usually presents with shortness of breath and/or painful breathing.

## **What are preparations for surgery?**

Please have nothing to eat or drink after midnight prior to your surgery. If you take blood thinners, your surgeon will discuss the possible cessation of this medication prior to your surgery.

## **What happens during the surgery?**

You usually will have a general anesthesia. A telescopic instrument called a cystoscope is initially passed into your urethra (the tube through which you pass urine) into the bladder. From here, additional scopes are utilized to complete the operation, which typically lasts between 30-90 minutes, depending on the stone burden.

## **What happens after the surgery?**

Most patients will go home the same day following surgery, and you will require someone to drive you from the hospital.

In the days following surgery, it is normal to feel some urinary bother as outlined above.

## **Resuming activities**

You can go back to work when you feel able, usually within one to two days. You may drive when you feel able and are not under the influence of any medications.

## **Follow-up**

Your doctor will arrange a follow-up visit, to ensure you are progressing appropriately, and to arrange longer-term strategies for surveillance or prevention.

For any concerns related to excessive bleeding (such as blood clots preventing passage of urine), fever or possible infection, inability to urinate, or any other concern, do not hesitate to call our office for advice or instruction.