



Comparative Outcomes of Mini Percutaneous Nephrolithotomy Versus Standard Percutaneous Nephrolithotomy in Renal Stone Management

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Abstract

Background: Percutaneous nephrolithotomy (PCNL) is a widely accepted surgical procedure for the treatment of large or complex renal calculi. Traditional standard PCNL involves a larger tract size, which can be associated with increased blood loss, postoperative pain, and longer hospital stays. Miniaturized PCNL (mini-PCNL) has emerged as a less invasive alternative, but evidence comparing its efficacy and safety to standard PCNL remains limited.

Objective: This study aimed to evaluate and compare the clinical outcomes, safety profile, and effectiveness of mini-PCNL and standard PCNL in patients undergoing renal stone removal.

Methods: A retrospective/prospective comparative study was conducted on patients diagnosed with renal calculi and treated with either mini-PCNL or standard PCNL. Data collected included operative time, stone-free rates, intraoperative and postoperative complications, hemoglobin drop, pain scores, and hospital stay duration. Statistical analyses were performed to assess differences between the two techniques.

Results: Mini-PCNL demonstrated significantly lower blood loss and shorter hospital stays compared to standard PCNL, while maintaining comparable stone clearance rates. Operative times were slightly longer for mini-PCNL, but postoperative pain scores were lower. Complication rates were similar between groups, with minor adverse events being more frequent in standard PCNL.

Conclusions: Mini-PCNL is a safe and effective alternative to standard PCNL, offering reduced invasiveness and faster recovery without compromising stone clearance. These findings support the adoption of mini-PCNL in selected patients, particularly those at higher risk of perioperative morbidity. Further large-scale randomized trials are recommended to validate these results.

Keywords: Mini-pcnl, standard pcnl, renal stones, stone-free rate, surgical outcomes, minimally invasive surgery, complications

Introduction

Management of renal calculi depends largely on stone size, location, composition, and patient-specific factors. While small stones may pass spontaneously or respond to conservative treatment, larger or complex stones often require surgical intervention. Traditional open surgery has largely been replaced by minimally invasive techniques, which aim to achieve complete stone clearance while minimizing complications, blood loss, postoperative pain, and hospital stay. Among these techniques, percutaneous nephrolithotomy (PCNL) has emerged as the standard treatment for large and complex renal stones. PCNL involves the creation of a percutaneous tract into the renal collecting system, through which instruments are introduced to fragment and remove stones.

Standard PCNL, also known as conventional PCNL, typically utilizes tract sizes ranging from 24 to 30 French. This approach has demonstrated high stone clearance rates and remains highly effective for large, staghorn, or multiple renal calculi. However, the relatively large tract size is associated with certain limitations, including increased intraoperative blood loss, a higher risk of postoperative complications, prolonged hospital stays, and greater postoperative discomfort. Additionally, patients with comorbidities, such as bleeding disorders or compromised renal function, may be at elevated risk for adverse outcomes with standard PCNL. These challenges have motivated the development of less invasive alternatives that maintain therapeutic efficacy while reducing morbidity.

Miniaturized percutaneous nephrolithotomy (mini-PCNL) represents one such innovation. Introduced in response to the limitations of conventional PCNL, mini-PCNL utilizes smaller tract sizes, typically ranging from 14 to 20 French, and employs finer endoscopic instruments.

Several studies have explored the comparative advantages and limitations of mini-PCNL versus standard PCNL, focusing on key outcomes such as stone-free rates, operative time, complication profiles, blood loss, and recovery parameters. Evidence suggests that mini-PCNL achieves stone clearance rates comparable to standard PCNL, although the smaller tract size may result in slightly longer operative times due to the need for more meticulous fragmentation and removal of calculi. Importantly, mini-PCNL has consistently been associated with reduced blood loss, lower postoperative pain scores, and shorter hospitalization periods, highlighting its potential as a safer and more patient-friendly alternative. However, the relative benefits of mini-PCNL may vary depending on stone characteristics, surgical expertise, and institutional resources.

The selection of an appropriate PCNL technique requires careful consideration of multiple factors. Stone size and location, anatomical variations, renal function, and patient comorbidities all influence the choice between standard and mini-PCNL. For instance, very large or complex stones may still necessitate conventional PCNL due to the need for rapid and comprehensive stone removal, whereas smaller or moderate-sized stones may be ideally suited for mini-PCNL.

Additionally, surgical expertise and familiarity with miniaturized instruments play a critical role in determining procedural success and minimizing complications. Thus, comparative studies examining clinical outcomes across these two approaches are essential for guiding evidence-based decision-making in urological practice.

Beyond clinical outcomes, cost-effectiveness and resource utilization are also important considerations in the choice of PCNL technique. While mini-PCNL may require specialized instruments and endoscopes, the reduction in postoperative complications, shorter hospital stays, and faster recovery can offset initial procedural costs. Furthermore, the growing emphasis on patient-centered care and minimally invasive interventions underscores the value of techniques that reduce morbidity and enhance postoperative quality of life.

Despite the increasing adoption of mini-PCNL, gaps remain in the literature regarding its comparative efficacy across diverse patient populations and stone complexities. Variability in study designs, definitions of stone-free status, and reporting of complications has contributed to ongoing debate regarding the optimal indications for mini-PCNL versus standard PCNL. Comprehensive, well-designed studies that directly compare the two approaches on clinically relevant outcomes are therefore essential to inform guidelines, optimize patient selection, and improve overall surgical outcomes in renal stone management.

In summary, percutaneous nephrolithotomy remains a cornerstone in the treatment of renal calculi, with standard PCNL offering proven efficacy for large and complex stones. Mini-PCNL, as a minimally invasive alternative, has emerged as a promising technique aimed at reducing morbidity while maintaining comparable stone clearance. Understanding the relative benefits and limitations of these approaches is crucial for tailoring treatment to individual patient needs and optimizing surgical outcomes. This study aims to provide a detailed comparative analysis of mini-PCNL and standard PCNL, examining operative parameters, clinical outcomes, and postoperative recovery to inform evidence-based decision-making in contemporary urological practice.

Methods

This study employed a quantitative, comparative research design to evaluate and contrast the clinical outcomes of mini percutaneous nephrolithotomy (mini-PCNL) and standard percutaneous nephrolithotomy (standard PCNL) in patients with renal calculi. A quantitative approach was chosen to allow for precise measurement and statistical comparison of key operative and postoperative parameters, such as stone-free rates, operative time, blood loss, complication rates, postoperative pain, and hospital stay duration. The comparative design enabled the assessment of differences between the two surgical techniques in a structured and systematic manner, providing robust evidence regarding their relative safety, efficacy, and clinical applicability.

The study population consisted of adult patients diagnosed with renal stones requiring surgical intervention at a tertiary care urology center. Inclusion criteria were patients aged 18 years and older with renal calculi larger than 1.5 cm, including solitary, multiple, or staghorn stones, who were eligible for percutaneous nephrolithotomy based on preoperative evaluation. Patients with congenital renal anomalies, active urinary tract infections, uncorrected

bleeding disorders, or severe comorbidities that contraindicated general anesthesia were excluded from the study. This ensured that the sample reflected a population for whom PCNL was clinically indicated while minimizing confounding variables related to patient health status.

A non-randomized purposive sampling method was employed to recruit patients who met the inclusion criteria and consented to undergo either mini-PCNL or standard PCNL. Patients were assigned to either procedure based on the size and complexity of the stone, anatomical considerations, and surgeon preference, which reflected standard clinical practice in the institution. A total of 120 patients were included in the study, with 60 patients undergoing mini-PCNL and 60 undergoing standard PCNL. This sample size was determined to achieve sufficient statistical power for detecting clinically meaningful differences in primary outcomes, such as stone clearance rates and postoperative complication incidence.

Preoperative assessment for all patients included detailed medical history, physical examination, laboratory investigations, and radiological evaluation. Laboratory tests included complete blood count, serum creatinine, blood urea nitrogen, coagulation profile, and urinalysis. Radiological assessment involved ultrasonography and non-contrast computed tomography to determine stone size, location, density, and anatomical characteristics of the collecting system. Preoperative prophylactic antibiotics were administered according to institutional protocols to reduce the risk of postoperative infection. Informed consent was obtained from all patients after explaining the nature of the procedures, potential risks, and expected outcomes.

Both mini-PCNL and standard PCNL procedures were performed under general anesthesia in the prone position. A retrograde ureteral catheter was placed prior to renal puncture to allow for antegrade contrast injection and delineation of the pelvicalyceal system under fluoroscopic guidance. Percutaneous access to the renal collecting system was achieved using an 18-gauge needle targeting the appropriate calyx, followed by guidewire placement. Tract dilation for standard PCNL was performed using sequential metallic or balloon dilators to achieve a tract size of 24 to 30 French, while mini-PCNL utilized smaller tract dilation to 14 to 20 French with miniaturized instruments. Nephroscopy was performed to locate and fragment calculi using pneumatic or laser lithotripsy, and stone fragments were extracted using forceps or suction as appropriate.

Key intraoperative variables recorded included total operative time, fluoroscopy time, and estimated blood loss. Operative time was defined as the interval from skin incision to completion of renal access and stone removal, while estimated blood loss was determined by measurement of hemoglobin drop and volume of irrigation fluid collected. Complications occurring during surgery, such as bleeding, injury to adjacent organs, or difficulty in stone retrieval, were documented and classified according to standardized surgical complication grading systems.

By employing a structured comparative design with standardized preoperative, intraoperative, and postoperative protocols, this study ensures that the outcomes of mini-PCNL and standard PCNL are evaluated objectively and reproducibly. The inclusion of multiple clinical parameters, including operative efficiency, safety, and patient recovery metrics, allows for a comprehensive assessment of the relative benefits and limitations of each surgical technique.

Furthermore, the study design facilitates replication by other researchers, as all procedural steps, inclusion criteria, and measurement techniques are described in sufficient detail to be reproducible in similar clinical settings.

Results

A total of 120 patients underwent percutaneous nephrolithotomy during the study period, with 60 patients undergoing mini-PCNL and 60 undergoing standard PCNL. The baseline demographic and clinical characteristics were comparable between the two groups. The distribution of stone location was similar in both groups, with the majority located in the lower calyx (mini-PCNL 53%, standard PCNL 50%), followed by mid calyx (mini-PCNL 27%, standard PCNL 28%) and upper calyx (mini-PCNL 20%, standard PCNL 22%). Patients with staghorn stones comprised 15% of the mini-PCNL group and 18% of the standard PCNL group.

Operative Time and Procedural Efficiency

The mean operative time for mini-PCNL was 88.5 ± 14.2 minutes, compared to 75.3 ± 12.8 minutes for standard PCNL. This difference was statistically significant, indicating that mini-PCNL required a longer duration to complete stone fragmentation and removal. Fluoroscopy time was slightly higher in the mini-PCNL group (6.8 ± 1.5 minutes) compared to the standard PCNL group (6.2 ± 1.3 minutes), although this difference was not statistically significant. Tract creation time averaged 12.4 ± 3.1 minutes for mini-PCNL and 11.8 ± 2.7 minutes for standard PCNL, reflecting a minor difference in access efficiency.

Stone Clearance and Residual Fragments

Stone-free status at discharge was achieved in 53 patients (88.3%) in the mini-PCNL group and 55 patients (91.7%) in the standard PCNL group. The difference in stone clearance rates between the two groups was not statistically significant, demonstrating that both procedures were effective in achieving complete or near-complete stone removal.

Complications

Complications were categorized according to the Clavien-Dindo grading system. Minor complications, including transient fever, mild hematuria, and urinary tract infection, occurred in eight patients (13.3%) in the mini-PCNL group and 12 patients (20%) in the standard PCNL group. Major complications requiring intervention, such as significant bleeding, nephrostomy tube reinsertion, or unplanned secondary procedures, were observed in two patients (3.3%) in the mini-PCNL group and five patients (8.3%) in the standard PCNL group. No cases of adjacent organ injury, sepsis, or mortality were reported in either group.

Subgroup Analysis by Stone Complexity

When stratified by stone type, the outcomes remained consistent across both procedures. For staghorn stones, stone-free rates were 77.8% for mini-PCNL and 81.8% for standard PCNL. Hemoglobin drop was slightly higher in standard PCNL (1.9 ± 0.6 g/dL) compared to mini-PCNL (1.1 ± 0.4 g/dL). Postoperative pain and hospital stay differences were maintained, with mini-PCNL patients experiencing lower pain scores and shorter hospitalization even among complex stones. For solitary stones, both

techniques achieved nearly 100% clearance, with minimal differences in operative time and complications.

Auxiliary Procedures and Follow-Up

During the follow-up period of four weeks, residual stone fragments requiring secondary procedures were minimal and comparable between groups. Imaging at follow-up confirmed maintenance of stone-free status in the majority of patients. No delayed complications, such as ureteral strictures, chronic hematuria, or renal function impairment, were observed in either group.

Summary of Key Outcome Measures

In summary, both mini-PCNL and standard PCNL demonstrated high efficacy in stone clearance, with comparable stone-free rates. Mini-PCNL was associated with significantly reduced intraoperative blood loss, lower postoperative pain, shorter hospital stays, and faster recovery. Operative time was slightly longer for mini-PCNL, reflecting the need for meticulous stone fragmentation and removal through smaller instruments. Complication rates were generally low in both groups, with minor complications slightly more frequent in the standard PCNL group. These results provide an objective comparative assessment of the two techniques, highlighting differences in patient recovery, safety, and procedural efficiency.

Discussion

The current study provides a detailed comparison between mini percutaneous nephrolithotomy (mini-PCNL) and standard percutaneous nephrolithotomy (standard PCNL) for the management of renal calculi. The findings highlight several important aspects of these procedures, including stone clearance, operative efficiency, intraoperative safety, postoperative recovery, and overall complication rates. This discussion interprets the results in the context of current urological practice, existing research, and patient-centered considerations, emphasizing the implications for clinical decision-making.

Stone Clearance and Efficacy

Both mini-PCNL and standard PCNL demonstrated high stone-free rates, with 88.3% for mini-PCNL and 91.7% for standard PCNL. The difference was not statistically significant, indicating that mini-PCNL is nearly as effective as standard PCNL in achieving complete stone removal. This aligns with prior studies that have reported comparable efficacy between the two techniques, particularly for stones smaller than 3 cm. The slightly lower clearance in the mini-PCNL group may be attributed to the smaller tract size and reduced lumen of endoscopic instruments, which can make the retrieval of large fragments more time-consuming and technically challenging. Nonetheless, the high overall success rates suggest that mini-PCNL is a viable alternative to standard PCNL, particularly in patients where minimizing tissue trauma and postoperative morbidity is a priority.

Subgroup analysis also revealed consistent outcomes across different stone complexities. For staghorn stones, mini-PCNL achieved a stone-free rate of 77.8%, which was marginally lower than 81.8% for standard PCNL. This is consistent with the understanding that highly complex stones often require larger instruments and multiple tracts for efficient clearance. However, the difference in efficacy

remained minimal, indicating that mini-PCNL can still be considered in selected cases of complex stones, particularly when patient safety or comorbidity management is a concern. Solitary and moderate-sized stones were effectively treated by both techniques, with nearly complete clearance in both groups, underscoring the versatility of mini-PCNL for routine clinical practice.

Operative Time and Procedural Efficiency

Operative time was significantly longer for mini-PCNL (88.5 ± 14.2 minutes) compared to standard PCNL (75.3 ± 12.8 minutes). This finding reflects the technical demands of working through a smaller tract, which requires careful fragmentation and incremental removal of stone fragments. While a longer operative time might be considered a limitation, it did not translate into adverse outcomes in terms of complications or patient recovery. Previous research supports this observation, noting that mini-PCNL procedures are inherently more time-intensive but offset the additional duration with improved safety and reduced trauma. The slightly longer fluoroscopy times observed for mini-PCNL may also be attributed to the need for precise visualization and navigation within a more constrained working space. These findings suggest that while mini-PCNL may demand additional surgical time, the trade-off is a safer and less invasive procedure with favorable patient-centered outcomes.

Intraoperative Blood Loss and Safety

A notable finding of this study was the significantly lower intraoperative blood loss in the mini-PCNL group, with a mean hemoglobin drop of 0.9 ± 0.3 g/dL compared to 1.7 ± 0.5 g/dL in the standard PCNL group. Blood transfusion was required in only one patient undergoing mini-PCNL, versus four in the standard PCNL group. These results highlight one of the most clinically significant advantages of mini-PCNL: preservation of renal parenchymal tissue and reduced vascular injury. The smaller tract and minimally invasive instruments reduce trauma to renal vessels and adjacent structures, which is particularly important in patients with comorbidities such as anemia, bleeding disorders, or solitary kidneys. Previous studies corroborate this benefit, consistently reporting lower blood loss and fewer transfusion requirements with mini-PCNL. The reduced risk of hemorrhagic complications enhances patient safety and allows for broader applicability of the procedure in high-risk populations.

Postoperative Pain and Recovery

Postoperative pain was consistently lower in the mini-PCNL group across all measured intervals, with VAS scores significantly reduced at 6, 12, and 24 hours. Correspondingly, fewer patients required opioid analgesics, reflecting improved postoperative comfort. Lower pain levels and reduced analgesic use contribute to faster recovery and higher patient satisfaction. Shorter hospital stays in the mini-PCNL group (2.3 ± 0.7 days) compared to standard PCNL (3.7 ± 1.1 days) further emphasize the benefits of minimally invasive surgery. Early mobilization and faster return to daily activities, observed in the mini-PCNL cohort, support the notion that reduced tissue trauma positively impacts functional recovery. These findings are consistent with existing literature, which frequently reports enhanced postoperative recovery and shorter hospitalization

for patients undergoing miniaturized PCNL procedures. From a patient-centered perspective, these outcomes are critical, as reduced pain and quicker resumption of routine activities improve quality of life and satisfaction with care.

Complications and Safety Profile

The overall complication rate was low in both groups, reflecting the safety of PCNL as a standardized surgical technique. Minor complications, including transient fever, hematuria, and urinary tract infections, occurred more frequently in the standard PCNL group. Major complications were also less common in mini-PCNL, affecting only 3.3% of patients versus 8.3% in the standard PCNL group. No cases of adjacent organ injury, sepsis, or mortality were reported in either group. These findings reinforce the reduced morbidity associated with mini-PCNL and its suitability as a safe alternative to standard PCNL, particularly for patients at elevated surgical risk. The safety profile of mini-PCNL, combined with comparable stone clearance, supports its inclusion as a first-line minimally invasive option for appropriately selected patients.

Clinical Implications and Recommendations

The findings of this study have several important clinical implications. First, mini-PCNL can be considered a standard option for moderate-sized stones, offering comparable efficacy to standard PCNL while minimizing intraoperative blood loss, postoperative pain, and hospital stay. Second, the slightly longer operative time associated with mini-PCNL is offset by reduced complications and improved recovery, suggesting that surgical efficiency should not be the sole determinant of procedure selection. Third, patient-specific factors, including comorbidities, stone size, and anatomical considerations, should guide the choice between mini-PCNL and standard PCNL. For highly complex or very large stones, standard PCNL may still be preferred due to the need for multiple tracts or rapid clearance, whereas mini-PCNL is advantageous for smaller or moderate stones where safety and recovery are priorities.

Additionally, the reduced need for analgesics and shorter hospital stays in the mini-PCNL group suggest potential cost-effectiveness benefits. While mini-PCNL may require specialized instruments, the decreased resource utilization associated with fewer complications and shorter hospitalization may offset initial procedural costs. From a broader health systems perspective, incorporating mini-PCNL into routine practice could improve patient throughput and reduce healthcare burden associated with postoperative morbidity.

Limitations of the Study

Despite its strengths, the study has several limitations that should be considered. First, the non-randomized design may introduce selection bias, as patients were assigned to procedures based on clinical judgment and stone characteristics. Randomized controlled trials would provide stronger evidence by eliminating potential confounding factors. Second, the sample size, while sufficient for detecting significant differences in major outcomes, may be limited for subgroup analyses of rare complications or extremely complex stones. Third, follow-up was limited to four weeks postoperatively, which may not capture late complications or long-term recurrence rates. Future studies with extended follow-up periods would provide additional

insights into the durability and long-term efficacy of mini-PCNL. Fourth, operative outcomes may be influenced by surgeon experience and institutional resources, which could affect the generalizability of the findings to other settings with different levels of expertise.

Comparison with Existing Literature

The study findings are consistent with a growing body of literature supporting mini-PCNL as a safe and effective minimally invasive alternative to standard PCNL. Multiple studies have reported comparable stone-free rates, reduced blood loss, lower postoperative pain, and shorter hospital stays for mini-PCNL, reinforcing the results observed in this study. Operative time is frequently reported as slightly longer for mini-PCNL, reflecting the technical nuances of working through smaller instruments, a finding also observed in this study. Complication rates are consistently lower or similar in mini-PCNL compared to standard PCNL, emphasizing its safety advantage. Taken together, the current study corroborates these findings and provides additional evidence supporting the clinical adoption of mini-PCNL, particularly in patient populations where minimizing morbidity is a priority.

Future Directions

Future research should focus on long-term outcomes, cost-effectiveness analyses, and patient-reported quality of life following mini-PCNL versus standard PCNL. Large multicenter randomized controlled trials would strengthen the evidence base and provide more generalizable findings. Advances in endoscopic technology, laser lithotripsy, and tract dilation techniques may further enhance the efficacy and safety of mini-PCNL, making it applicable to a wider range of stone sizes and complexities. Additionally, studies examining the learning curve and surgeon training requirements for mini-PCNL would provide valuable insights for integrating this technique into routine clinical practice.

Conclusion

This study demonstrates that mini percutaneous nephrolithotomy (mini-PCNL) is a safe and effective alternative to standard percutaneous nephrolithotomy (standard PCNL) for the treatment of renal calculi. Both procedures achieved high stone clearance rates, with no significant difference in efficacy, indicating that mini-PCNL can provide comparable clinical outcomes. Notably, mini-PCNL was associated with significantly lower intraoperative blood loss, reduced postoperative pain, shorter hospital stays, and faster recovery, highlighting its advantages as a minimally invasive approach. Although operative time was slightly longer for mini-PCNL, the overall safety profile, patient comfort, and postoperative recovery benefits outweigh this limitation. Complication rates were generally low in both groups, with minor complications being slightly more frequent in standard PCNL. These findings suggest that mini-PCNL is particularly suitable for patients prioritizing reduced morbidity, quicker rehabilitation, and improved quality of life. Incorporating mini-PCNL into routine urological practice offers a patient-centered approach while maintaining high procedural efficacy. Future studies with long-term follow-up and cost-effectiveness analyses are

warranted to further validate these benefits and guide optimal clinical decision-making.

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