

## **Lysis of Penile Adhesions or Skin Bridge**

### **Post-Operative Care**

#### **ACTIVITY RESTRICTIONS**

For the first one or two days following surgery, your child may not feel like being very active. He/She may increase his level of activity as the soreness goes away. No swimming for 48 hours after the procedure.

#### **DIET**

Before your child is discharged home, he should be able to drink clear liquids and keep them down without vomiting. Once your child is able to drink liquids, you may add progressively to his diet with:

1. A full liquid or "light" meal, which may include toast, crackers, soup, or gelatin
2. Regular meals if your child tolerates the above

If your child vomits, wait approximately 45 minutes and start this process over with sips of clear liquids. Gradually increase the amount of clear liquids. When your child is able to tolerate them, follow the guidelines above.

#### **CARE OF THE INCISION**

It is **normal** for the penis to appear swollen and bruised (black and blue) after surgery. It will look worse before it looks better. Swelling will be present throughout the healing process and may be present at the time of your first follow-up appointment.

If your child has stitches, they do not have to be removed. They should dissolve approximately 6-8 weeks after surgery. You will notice some redness along the incision lines.

Apply **A&D ointment, Aquaphor ointment, or Vaseline to the penis and/or suture lines.** This will be soothing to your child and help to prevent the raw surfaces from sticking to the diaper.

If the wounds or incisions begin to look infected (you may notice unusual redness or a discharge), or the swelling becomes excessive, please notify our office.

### **Signs of infection include:**

- Fever
- Excessive redness or swelling
- Any pus-like drainage from the incision

On occasion, you may also notice some spotting on the diaper. This is not unusual following this type of procedure so please do not let this alarm you, unless the blood looks bright red and the bleeding becomes excessive. If this occurs, please call our office immediately.

### **BATHING AND SHOWERING**

**You may bathe or shower your child 48 hours after surgery.** Until then, give your child sponge baths and avoid the incision site. Once you start bathing or showering, do not aggressively scrub the surgical area. Gently wash around the incisions and pat that area dry after bathing.

For children in diapers, soaking in a tub of clear, warm water twice a day, for five minutes or less, will help the incisions stay clean and heal properly. This can be done for seven days starting with his first bath.

Starting **24 hours after surgery**, gently retract the foreskin and clean under the head of the penis. This should be done with each diaper change or twice daily in potty trained children. Continue doing this until your follow-up appointment.

### **PAIN**

Most children do not experience much pain after a lysis of adhesions procedure. A prescription may be given to you for Tylenol with Hydrocodone (Hycet or Norco) if appropriate. If a narcotic pain medication is provided, most children will only need it for 1-3 days following surgery. Narcotic pain medication can cause constipation, so this should be monitored. If your child is experiencing constipation please begin Miralax, 1 capful daily or twice daily until soft daily bowel movements resume. If this is not successful notify our office. If your child is exclusively breast feeding you can use an over the counter suppository to help with constipation.

Starting the day of surgery you may begin alternating **Children's Tylenol and Motrin** as directed on the package. Other medications may be prescribed by your doctor, who will explain how to use them. **\*\*DO NOT use Children's Tylenol and the Hycet or Norco together (use one OR the other) as this can lead to an overdose of Tylenol**

## **FOLLOW-UP**

Your child will have a surgical follow-up in 4-6 weeks for a post-operative evaluation, unless specified otherwise. If you do not have an appointment already scheduled, please call our office to arrange it.

## **WHEN TO CALL THE OFFICE**

- Fever more than 101.5° F
- Your child is unable to urinate
- There is active (dripping) bleeding from surgery site
- Your child cannot keep liquids down (vomiting)
- Your child is in pain despite the use of recommended medications
- You have other questions/concerns

**If you have any questions or concerns during regular office hours, please do not hesitate to call the Urology Nurse at (512) 472-6134 extension 103.**

**During non-business hours please call (512) 406-3112 and ask to speak to the Urologist on call.**