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Hypospadias Post-Operative Care

ACTIVITY RESTRICTIONS

For the first one or two days following surgery, your child may not feel like being very active. For **three (3) weeks after surgery** your son should not be allowed to participate in any activities which would require him to straddle an object; such as riding a toy, swings, bouncers, tricycles, or bicycles. If your child is older any strenuous activity, including heavy lifting, contact sports, and gym class should be avoided for the same period of time. No swimming in a pool, river, lake, or ocean for 2 weeks 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

Your child will have a dressing over the penis. If the dressing falls off prematurely, leave the dressing off. Remove the dressing as instructed by your doctor. The best way to remove the dressing is by getting it wet in a sponge bath.

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. Some blistering and/or drainage may be normal.

The stitches do not have to be removed (other than the stitches holding the catheter in place); they should dissolve approximately 6-8 weeks after surgery. You will notice some redness along the incision lines as well as brown or yellow scabs.

After the dressing has been removed, apply **A&D ointment, Aquaphor ointment, or Vaseline to the penis and suture lines with every** diaper change (or 3 times a day in older children) for at least 2 weeks at home and daycare. 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

There may, on occasion, be some blood in the urine while the catheter is in place or after it has been removed, this is expected. You may also notice some blood spotting on the diaper. This is not unusual following surgery on the urinary tract, 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 after the catheter has been removed. Until then, give your child sponge baths with warm water. Once the dressing has been removed gently soap and rinse the genital area and blot dry with a wash cloth. 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, if stool gets on the incision/dressing/catheter just wring out a wet, soapy towel onto the area then pat to clean and dry. Alternatively, rinse the area with warm water until clean. **DO NOT** scrub, soak, or immerse in water.

CARE OF THE CATHETER

Your child will urinate through the catheter (tube) until it is removed. The tube can drain into a diaper or into a special drainage bag, depending upon his age. The catheter typically remains in place for 7-10 days. You will be given a follow-up appointment for catheter removal.

Starting **7 days 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.

The following are some important points in caring for the catheter:

- Encourage your child to drink lots of fluids.
- If urine stops draining from the catheter, check to see if it is kinked. The catheter will intermittently drip urine. If your child has a dry diaper or no output from the catheter for over a period of 1-2 hours, call our office immediately at (512) 472-6134. If it is after hours, call (512) 406-3112 and follow the directions to speak to the Urologist on call.
- Care should also be taken to ensure your child does not pull on the catheter, however it is secured into place with a suture.

PAIN

Most babies do not experience much pain after a hypospadias procedure. A prescription will 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 glycerin suppository to help with constipation.

Starting the day after 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.**

To prevent the fresh incision from sticking to your son's diaper or underwear, you can **apply A & D ointment, Aquaphor ointment, or Vaseline** to the diaper or underpants. This may help to relieve some of the discomfort he may have.

OTHER MEDICATIONS

If your child has a catheter in place after surgery, two other medications will be prescribed:

1. An antibiotic. Please give this medication as prescribed until the catheter is removed.
2. A medicine for bladder spasms (Ditropan or Oxybutynin). Sometimes the catheter is irritating to the bladder and causes brief episodes of pain/spasms. If this occurs, please use the medication as prescribed, every 6-12 hours as needed. Constipation is a common side effect of these medicines.

FOLLOW-UP

Your child will have appointments scheduled for follow-up as specified by your surgeon. These may include: wound check in 3-5 days, catheter removal in 7-10 days, and 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 business hours, please do not hesitate to call the Urology Nurse at (512) 472-6134 extension 2118.

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