

Home Care following Hypospadias Surgery

What to expect

- After surgery, you can expect soreness, bruising and swelling. This is normal. It will get better with time. His urine may be light pink and you may see some spots of blood on his diaper.
- Your child will have one of two different types of dressings after surgery:
 - One type of dressing is clear plastic that wraps all the way around the penis. This dressing may come off shortly after surgery. This is okay, as long as there is no bleeding. If the dressing has not come off after 3-5 days then remove it. Sometimes it is useful to get the dressing wet or quickly soak the dressing and penis under water to help loosen it. If the dressing starts to bunch at the base of the penis then please remove it. Starting the day after surgery please apply bacitracin to the tip of the catheter where it meets the penis 3 times daily. This will help to slowly loosen the dressing and make it easier to remove later. Do not remove the catheter. If you have questions or concerns about the dressing please call.
 - The other type of dressing is a flat dressing that pushes the penis flat against the tummy and it is covered by the bandage so that the penis cannot be seen. For this dressing it is okay to remove 3-4 days following surgery. Simply peel the dressing off but do not remove the catheter. The dressing may get some blood on it or look pink or red. This is normal.
- After the dressing comes off please apply bacitracin to the incision and stitches (if present) 2 to 3 times per day for 2 weeks.

Care of the Tube

- The small tube in the penis goes all the way into the bladder. It will drip urine continuously. With each diaper change, the outer diaper should be wet. If you watch the tube for 3-5 minutes and do not see urine draining, call the clinic (weekdays) or paging operator (nights, weekends). You will be instructed on how to aspirate the tube with a syringe you were sent home with. When you raise the end of the tube above the level of the bladder, the urine in the tube should flow back into the bladder.
- It is common for there to be some blood in urine draining from the tube. As long as the tube is draining this is fine and will go away over time.
- With each inner diaper change, apply a small amount of antibiotic ointment to the area where the tube comes out from the penis. After the transparent dressing is removed, apply a small amount of antibiotic ointment to the surgery area also.
- The tube is tied to the head of the penis with a suture. Do not attempt to remove the

tube. The new urethra heals over the tube, so it is essential that the tube stay in place during the healing process. The tube should drain into the outside diaper. This will keep the penis dry as it heals after the surgery.

- Prevent your son from grabbing his penis when you change his diaper.

Bathing

- At home sponge bathe your child until the tube is removed. It is okay to have water run over the dressing.
- Keep the penis clean and dry between sponge baths.
- If stool comes in contact with the surgery area, clean the area immediately with a gentle soap and water.
- If stool gets under the dressing and can't be cleaned then remove the dressing immediately.

Activity

- No roughhousing or tumbling for 14 days or longer if the catheter is still in place. Keep the child at home with low activity until the tube is removed.
- The child cannot play with straddle toys for 14 days and this includes bikes, walkers, swings, jumpers, etc.
- You should still put your child in their car seat normally following surgery.

Diet

- Your child may eat a normal diet. Start off with clear liquids, like juices, popsicles, water, or ice. Start solid food slowly after this with a little bit at a time. It is not unusual for the child to throw up in the first day after surgery and this is from the medicines used to make them sleepy during the surgery.
- Your child should have bowel movements (poop). Give your child juice, fruit and vegetables so that they do not get constipated (cannot have a bowel movement). Your child should not strain or push when trying to have a bowel movement. If they do not have a bowel movement within 1 day after surgery, you may give your child a child's glycerin suppository in their bottom, (rectum). You can buy these at the drug store without a prescription.
- You can also use Miralax as directed, to help with bowel movements. This can be used in addition to the suppository.

Medications

- If a pain medication is prescribed for your child, give it to him for severe pain only. This medication is usually not needed one to two days after surgery. If the pain is less severe, then using Tylenol and Motrin may help. It is okay to give Motrin with the prescription pain medication **but it is not okay to give Tylenol with the prescription pain medication since both medications contain Tylenol.**
- Your child will also receive an antibiotic following surgery. Please give this until it is completed.
- The drainage tube may make your child have bladder spasms (cramping). He may cry or pull his legs up to his chest when this happens. The doctor may give you Ditropan, a medicine to help with this. This should be given every 8 hours for the first day, then only when needed.

Diapers

- The purpose of the double diaper is to keep the penis dry and drain the urine into the outside diaper.
- Change the outside diaper every 3-4 hours or sooner if wet.
- Change the inside diaper when it is wet or is soiled with stool (at least three times a day).
- The inside diaper may be the size your child usually wears. The outside diaper should be one size larger than the inside diaper.

Things to Check For

- Swelling (a small amount is normal)
- Oozing of blood or active bleeding (a small amount is normal)
- Bad odor
- Pus

When to Call

- Fever of 101F degrees or higher.
- If the tube comes out partially or totally.
- If urine does not drain from the tube.
- If the dressing becomes bunched up at the base of the penis and you are unable to remove it.
- Bleeding more than 2 inches in diameter on the diaper or underwear.
- Concerns for infection at the site of surgery.

- Concerns about the dressing.
- Any other problems, concerns, or questions.

How to Reach Us

- **Non urgent** general questions during weekdays call the Pediatric Urology Clinic, from 8:30am-4:30pm at **503-494-4808**.
- Evenings, weekends, and holidays, call the hospital operator 503-494-8311. Ask for the pediatric urology resident on call.