



PEDIATRIC UROLOGY

Home care after open pyeloplasty

What to expect

Your child will have some soreness, swelling, and bruising. The swelling and bruising will go away. Medications will help relieve the soreness.

You should also know:

- Your child may have a sore throat on the day of surgery. They may also have red marks on their face. These are from tape used during surgery.
- There may be blood in your child's pee for 1-2 weeks. Please call if the blood is very dark or you see clots (clumps of blood).
- The doctor might put in a small tube called a stent during surgery. It may cause your child to pee more often or have accidents.
- Your child will have skin glue instead of a bandage. It will fall off in 1-2 weeks. It is OK if it gets wet. If there are any stitches they will dissolve on their own. They do not have to be taken out.

Things to check for

- Blood clots in your child's pee
- Bleeding from your child's surgical cut, even just a small amount oozing out
- A bad smell from your child's pee or the surgical cut
- Pus (white or yellow liquid) coming from the surgical cut

Eating and drinking

- Your child may have an upset stomach or throw up after anesthesia. Start off with things like juices, popsicles, water or ice.
- If your child is hungry, give them a small, light meal. For example, they can try eating some toast with no butter, plain rice or applesauce.
- Make sure your child drinks plenty of liquids.

Activity

- Your child should be very careful walking and doing basic activities for 24 hours after the end of their surgery. Having general anesthesia can affect their coordination.
- Older children should not drive, take tests in school or be left alone for 24 hours after the end of surgery.

- Limit your child's activity for 3 weeks after surgery. Try to keep their activity low during this time (no sports, gym class, climbing or rough play).
- No lifting anything heavier than 5 pounds for 3 weeks. This includes backpacks.
- Your child should use their car seat, booster seat or seat belt normally. You should not adjust or change anything after surgery.

Bathing and water

- Short tub baths or showers are fine 48 hours (2 days) after surgery. Wash with soap and water.
- No swimming until 2 weeks after surgery.

Medication

Your child's doctor will prescribe several medications after this surgery. These may include:

- Pain medications – acetaminophen (Tylenol), ibuprofen (Advil, Motrin) and oxycodone for pain
- Medication for bladder spasms – oxybutynin (Ditropan)
- Antibiotics – your child may have these to prevent infections

Write down what medications you give your child and the time you give them.

For mild to moderate pain:

Give your child ibuprofen (Advil, Motrin) and acetaminophen (Tylenol). Give one, but not both, every 3 hours. For example, if you give ibuprofen first, give acetaminophen 3 hours later. Then 3 hours later give ibuprofen again. Keep switching back and forth during the day and night as needed.

For severe pain:

The doctor might have prescribed pain medication for your child. Only use it for severe (very bad) pain. Your child may not need this at all. If you think your child has severe pain, but you did not get a prescription for pain medication, please call our office right away.

It is OK to:

- Give pain medications less often or not at all if you think your child is comfortable without medication. Make sure you are writing down the time and name of medications you give.
- Use pain control methods like comforting, breast feeding, bottle feeding, ice packs, distraction and limiting your child's activity.

If you have leftover medications after your child gets better, please talk with your pharmacist about getting rid of them. **Do not** put them in the sink or flush them down the toilet.

Medication for bladder spasms

Oxybutynin (Ditropan) is the medication for bladder spasms, or cramps. Give your child this medication every 8 hours the first day after surgery. Then, give it only when your child needs it. You can tell if they may need it by the signs below.

- Babies: May cry and pull their legs up to their chest. May be fussy and seem to have pain even after you give them pain medication.

- Toddlers and older children: May tell you they have pain in their bottom, their penis or their vagina area. They may feel like they need to pee but can't, say it hurts when they pee or say they have cramps in their belly or bottom.

Constipation

- Your child may be constipated after surgery. They may have difficulty pooping at all. Or they may have small, hard or painful poop. The constipation is from the anesthesia and pain medications your child received.
- If your child is constipated before surgery, you may want to consider giving them:
 - More liquids, unless your doctor tells you not to.
 - More high-fiber foods, such as whole wheat bread.
 - Apple, pear or prune juice to drink.
 - Medications such as MiraLAX or suppositories.

If your child has never taken medications for constipation, talk with their doctor first.

Using MyChart for medical information

MyChart is a way to see your child's medical information online. Please set up a MyChart account for your child as soon as possible if you do not have one. It is best to set this up **before** your child's surgery.

- You need to call our office or go to the front desk during business hours to get an account.
- You can use MyChart to send messages to your child's doctor. You can also send us photos after surgery and ask general questions.
- If you are sending a MyChart message with a photo or an urgent concern, you **must** call our office as well. This lets us know to check the message right away.

When to call your doctor

Call us at 503-494-4808 (8 a.m. – 5 p.m., Monday – Friday) if you have questions, concerns or your child has any of the following:

- **Fever** of 101 degrees or higher
- **Upset stomach or throwing up** 24 hours after surgery
- **Redness, pain** that is getting worse or **pus** coming from the surgery area
- **Dark red pee**, like dark red wine or ketchup, or clumps of blood in the pee that are bigger than a dime
- **No wet diapers**, or **not peeing as often** as usual
- **Pain even after pain medicine is given**
- **Not eating or drinking well**, or **unusually fussy or tired**

You may send a photo through MyChart. Please call us if you do this.

You may also call us toll free at **1-888-222-6478** and dial extension **4-4808**. After hours and on weekends and holidays, call **503-494-8311** and ask for the pediatric urology doctor on call.