



## **Pediatric Post-Operative Hypospadias Instructions**

### **Diet**

Your child may return to their normal diet after surgery. Mild nausea and vomiting may occur following surgery. This is usually due to the side effects of anesthesia and will resolve soon. We suggest clear liquids and a light meal following surgery, until your child's appetite fully returns.

### **Activity**

Try to keep your child relatively inactive the first 72 hours following surgery. He may then begin activity as tolerated. Your child must avoid contact sports and swimming for 4 weeks following surgery. He will also need to avoid straddle toys (bicycles/jumpers) for 6 weeks following surgery.

### **Hygiene/Wound Care**

Your child may begin sponge baths or showers 48 hours after surgery. Baths with full immersion of the catheter need to be avoided while the catheter is in place. The penis will be wrapped in a clear plastic dressing. This dressing may come off on its own or will be removed at the post-operative appointment. However, if the dressing slips up and becomes tight around the middle, please call the office as it should be removed immediately. In most cases, your child will have a catheter in place following surgery. This will remain in place for 10-14 days and will be removed at his first post-operative visit. The stitches used to close the incision will dissolve on their own in 2-4 weeks. Disruption of the stitches may cause bleeding. Apply topical Vaseline to the area with each diaper change once the dressing is removed. If your son has a poopy diaper, you may gently cleanse the area with a wet wash cloth or saturated diaper wipe, allow to air dry, and then apply Vaseline.

### **Medications**

In most cases, your child will be sent home with prescription pain medication. You may also be instructed to alternate prescription pain medication with Ibuprofen every 3 hours for severe pain. If the pain medication you are sent home with does not control the pain when being used as directed, call the office. For mild pain or discomfort, you may give your child over-the-counter Tylenol (acetaminophen) or Ibuprofen as directed on the bottle. Remember, no additional Tylenol products should be used while taking prescription Acetaminophen/Hydrocodone or Hycet Elixir. Additionally, your child will be given antibiotics to be taken once daily to prevent infection while the catheter is in place. He will also be given a medication for bladder spasms to be taken as needed, up to three times daily, for bladder pain associated with the catheter.

### **Problems to Report**

- Any active bleeding
- Fever > 101 degrees
- Persistent vomiting
- Difficulty breathing
- Inability to urinate
- Streaking redness from the incision
- Drainage from the incision
- Excessive pain
- Any concerns regarding the dressing
- Any other problems/questions/concerns

**Follow-Up**

Our office will call you a few days following surgery to check on your child's progress and to set up an appointment for catheter removal 14 days after the procedure.

**Contact Information**

If you need to contact Alaska Urology for post-operatively concerns, please call (907) 563-3103 and ask to speak with Maria (Dr. Merriman's assistant) or nurse triage.