



Pediatric Post-Operative Meatoplasty 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

Your child must avoid contact sports and swimming for 4 weeks following surgery; otherwise, he may begin activity as tolerated.

Hygiene/Wound Care

Your child may resume their normal bathing routine at any time following surgery. His urine may appear blood tinged; this is to be expected after surgery. He may also experience frequent urination and burning when urinating over the next several days. Encourage your child to drink fluids to ensure dilute urine. If he is still having difficulty urinating, place the child in a warm bath and encourage him to urinate in the bathtub. After each diaper change/bathroom break, gently push down to separate the skin and apply topical Vaseline or Aquaphor to the opening at the head of the penis to allow for good healing.

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.

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 his 6-week follow-up appointment.

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.