

Pediatric Urology Associates, Ltd.

& Pediatric Enuresis Center of Arizona

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POSTOPERATIVE INSTRUCTIONS AFTER HYPOSPADIAS REPAIR (WITH A CATHETER)

CARE OF YOUR CHILD AT HOME

Your child had a hypospadias repair today that consisted of fixing the urethra, fixing the curvature of the penis, and a circumcision. Most hypospadias repairs require a catheter (urinary drainage tube) for 3 to 14 days after surgery. You will need to continue the same diaper technique that your child comes home with after surgery. This may be a single diaper or Pull-Up or may be a double diaper technique.

With the double diaper technique, the diaper closest to your child will essentially cover your child and is there to collect the bowel movement (stool/poop). If any stool soils the dressing, please clean as carefully and gently as you can with either a warm washcloth or diaper wipes to maintain a clean, dry dressing. The catheter will drain into the second diaper and should have urine dripping out of the catheter. There may be some blood-tinged urine or small clots that come through the bladder catheter, since the catheter can sometimes irritate the inside of the bladder. The catheter is secured to the penis with a suture. It is unlikely that your child will pull the catheter off or out. However, it is a good idea to keep an eye on your child or, if you have assistance, use a second person when changing the diapers.

On some occasions, if your child is potty trained, we will not use diapers. We will use a catheter with an extension tube draining into a bag. The same instructions apply for catheter care as above. The only difference is that you will need to empty the bag as often as you can. Do not let the leg bag get too full of urine, since the weight of the bag may pull on the catheter.

CARE OF THE SURGICAL SITE

FOAM DRESSING (DR. BAILEY): This dressing is secured to the base of the penis with sutures. This dressing needs to remain as clean and dry as possible until it is removed in the office. You may apply a small amount of either Vaseline or Bacitracin to the tip of the penis to help prevent the dressing from sticking to the head of the penis in the initial postoperative period.

KLING DRESSING (DR. ARGUESO/ DR. BAILEY): This dressing should remain as clean and dry as possible until it is removed in the office. This dressing may occasionally come off. Call the office if this happens.

PLASTIC DRESSING (DR. RITCHEY): This bandage has adhesive and will stick to the penis, but it cannot be removed like a Band-Aid. This should be removed on the second day after surgery. Remember, this is a two-person job! You need to grasp the plastic at the base of the penis, stretch and then roll the bandage off the end of the penis. After the dressing is removed, apply antibiotic ointment generously to the head of the penis and the incisions with each diaper change. You can expect to see swelling and bruising of the penis after the dressing is removed. This will go away in a few weeks.

GAUZE DRESSING (DR. RITCHEY): This can be removed the next day if it has not fallen off. This will be easier to remove if you sit the child in the tub for a few minutes. After the gauze is off, apply antibiotic ointment to the wound three to four times per day.

SANDWICH DRESSING (DR. NGUYEN): The dressing covering your child's surgical site should be removed on the second day after surgery. This will be easier to do if you sit your child in the bathtub for a few minutes. The warm water will help loosen the dressing. After the dressing is removed, apply antibiotic ointment generously to the head of the penis and the incisions with each diaper change. You can expect to see swelling and bruising of the penis after the dressing is removed. This will go away in a few weeks.

PLASTIC DRESSING (DR. ZUNIGA): This bandage will be removed at your child's postoperative appointment. This dressing should remain as clean and dry as possible until it is removed in the office.

BATHING

A sponge bath must be utilized until after both the dressing and the catheter are removed. After the catheter has been removed, your child may shower as normal. If your child takes a tub bath, limit it to 5 to 10 minutes twice a day for the first week. This will help remove some of the ointment that accumulates on the penis.

PAIN MANAGEMENT

We will give you a prescription for pain management to be given every 4 to 6 hours, as needed to control pain. Give this regularly for the first 48 hours. If the prescription pain medication is no longer necessary, then regular Tylenol should be used instead of Motrin, Advil, ibuprofen or aspirin.

The catheter can irritate the bladder and cause bladder spasms, which are manifested by leakage of the urine around the catheter or by a sense of urgency (cramping or pressure type sensation in the lower pelvis). This discomfort/bladder spasm will go away once the catheter has been removed. You may be given a prescription for Ditropan (Oxybutynin), which is a medication that works to minimize bladder spasms. The potential side effects of Ditropan include red (flushed) face, dry mouth, constipation, and may make him feel warm, but it does not mean that he has a fever. Use the Ditropan three times a day, preferably every eight hours if possible depending upon your child's waking and sleeping schedule.

A prescription for antibiotics will be given to maintain sterile wounds while the dressing and catheter are in place.

ACTIVITIES

Absolutely, NO swimming, rough activity or any straddle-type/ride-on toys (walkers, tricycles/bicycles, swings, monkey bars, Exer-Saucers, horses, cars and trucks, or your knee) until after your office visit following surgery.

DIET

Begin with clear liquids (water, Pedialyte, apple juice). If this is well tolerated, you may begin their regular diet by the evening of surgery. Nausea and vomiting may occur after anesthesia. If this happens, do not feed your child for 1-2 hours. You may then begin with clear liquids again.

FOLLOWUP

Depending on what type of repair is done, you will be given a date to call the office to make a postoperative appointment in the office to remove the dressing and the catheter.