

Pediatric Urology Associates, Ltd.

& Pediatric Enuresis Center of Arizona

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MEATAL STENOSIS

Meatal stenosis is an abnormal narrowing of the urethral opening (meatus). If the narrowing becomes significant, urine will have difficulty flowing from the bladder and may cause the bladder to not empty completely.

Meatal stenosis occurs in circumcised boys. One theory is that the stenosis is caused from the chronic exposure of the irritating effects of urine on the meatus and rubbing of the meatus on a diaper or clothing. This causes inflammation that can lead to scarring.

Symptoms of meatal stenosis include, but are not limited to:

- 1) painful urination
- 2) straining to urinate
- 3) frequent urination
- 4) decreased caliber (thin) urinary stream
- 5) spraying with urination
- 6) upward deflection of the urine stream
- 7) blood in the urine

Treatment of meatal stenosis is done by one of 2 methods. A *meatoplasty* is done in the operating room under general anesthesia. In this procedure, the meatus is opened or widened by making an incision in the urethral opening and placing dissolvable sutures around the meatus. A *meatotomy* is done in the office using a local anesthetic. In this procedure, the meatus is opened or widened by making a small incision in the meatus, but does not allow for placement of sutures. The ideal treatment plan for your son will be discussed with you by your surgeon or physician assistant. Some children may require dilation of the urethral opening after these procedures. This is done to prevent reclosure of the opening.

Your son may experience stinging or pain with urination for the first 24 hours. Generally, your son can resume normal activities the next day.