

# Hypospadias

## Instructions for after surgery.

Most hypospadias surgery is done as outpatient (come and go) surgery. This means your child will be discharged from the hospital on the same day of the surgery. Below are instructions to help you care for your child at home after the surgery.

### Catheter care

If your child is discharged with a catheter it will simply drain into a diaper. Continue to change the diapers regularly as they get wet. Since the catheter is constantly dripping do not expect a totally dry diaper but rather change it as it get appropriately heavy. If your child is older the catheter may be connected to a bag on his leg.

You may observe leakage of urine from around the tube or through the tube. This is very common and it is not a problem. It mainly occurs because the bladder is having spasms and the extra pressure pushes the urine around the catheter. Excessive leakage around the tube might indicate blockage and for this reason you should call the office. Another reason to call the office is if the tube falls out. It is normal to see some blood spotting in the diaper, but large blood clots are not normal and you should call the office.

### Wound care and bathing

Your surgeon will let you know when you can begin tub baths. Until that time sponge bathe your child avoiding the area of the dressing. Once you are able to do tub baths do not scrub the penis. Just allow the penis to soak for 10-15 minutes and then pat it dry with a clean towel. It is normal to have some swelling and discoloration which will resolve in time. Do not apply powder or any other ointments to the genital area unless instructed to by your physician.

If your child has a loose bowel movement and soils the surgical dressing clean it gently with soapy water and a washcloth wiping away from the penis and toward the rectum. Be mindful of the tube in the penis so that it is not dislodged.

It is normal for the penis to have swelling after surgery, especially right after the bandage is removed. Most children will have improvement in swelling after about 10-14 days, but it is normal for some swelling to persist for up to 3-6 months. The penis will then look like other boys. Most children appear circumcised after a hypospadias repair and that is because the excess foreskin is often needed for skin coverage on the front of the penis. However, when the curvature is not severe, there is the option to leave the foreskin.

#### Medications after surgery

Children will go home with antibiotics, medication to treat bladder spasms (Ditropan), and prescription pain medicine (Tylenol with Codeine).

1. Antibiotic: Your child will be given a prescription for a daily antibiotic. You should give the antibiotic daily while the catheter is in place and then continue the antibiotic for a couple days after removal of the catheter.
2. Medication for bladder spasms: Your child may need a medication called Ditropan to control bladder spasms. If the child is having bladder spasms then you may see him arching his back, or bringing his knees up to his chest. Spasms are not harmful but they are uncomfortable. If your child is struggling with this then you may need to give your child Ditropan while the tube is in place, but stop the medication the night before the appointment to remove the catheter or your child may not be able to void.
3. Pain medication: Tylenol with Codeine may be given to your child to relieve discomfort/pain from the surgery. Most children will have a nerve block during surgery so that they do not wake up in pain. This block can wear off from 4- 6 hours after surgery and then the child will

experience more discomfort. To prevent this we recommend pain medication every 4-6 hours after the surgery to keep them comfortable.

### Activity

Most children will self limit their activity. However, if your child is older and active encourage quiet play during the first few weeks of after surgery. Avoid contact sports, gym, sandboxes, bicycles, straddling toys, or swimming while the catheter is in place.

### Diet

Your child may resume a normal diet. Make sure they have plenty of fluids. Do not give medicine on an empty stomach in order to help avoid nausea and vomiting.

### Follow up

You will leave the surgery center with your post operative appointment time and date. It will usually be between 7-10 days after surgery to have the catheter removed. You should plan to follow up again in about 4-6 weeks after the catheter has been removed. Please bring questions that you may have to the follow up appointment.

**See the next page for contact information.**

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