

Let's Talk About...

Urology Surgeries, After Care

It is common for boys to need some type of surgery of the urinary and genital systems (kidneys, ureters, bladder, urethra, penis and testicles). Some of these procedures might be:

- **Circumcision.** This is surgery to remove a fold of skin, called the foreskin, from the tip (glans) of the penis. Boys are born with this fold of skin. Removing the foreskin exposes the end of the penis.
- **Chordee (CORE-dee) Repair.** This is surgery to repair an abnormal curvature of the penis.
- **Hypospadias (high-poe-SPADE-ee-us) repair.** This is surgery to position the opening of the urethra so that it is at the end of the penis.
- **Lysis of penile adhesions.** This is when the skin on the shaft of the penis is stuck to the head of the penis (glans). Surgery releases the skin to prevent future problems.
- **Meatotomy (me-ah-TAH-toe-me).** This is surgery to open the meatus (opening at the end of the penis) so it is a normal size.
- **Orchiopexy (OR-kee-oh-pex-ee).** This is surgery to reposition a testicle into the proper place in the scrotum. Your child will require special care after surgery to heal well and quickly.
- **Hydrocele (HIGH-drow-seal) or hernia repair.** This is surgery to treat an abnormal bulge in the groin or scrotum. The bulge is from intestine or fluid entering the hernia sac.

What happens after surgery?

Diet

When can my child eat?

After your child wakes up from surgery, he will start to take clear liquids that are easily digested. Clear liquids include Pedialyte™, water, apple juice, sports drinks, Popsicles™, and plain Jell-O™. Most babies can take a bottle or breast-feed. Your child may take a normal diet after being discharged from the hospital. He should start with soft, easily digested foods. Try to stay away from high fat or greasy foods like hamburgers and pizza for 24 hours after surgery.

What should I do if my child has nausea or vomiting?

The medicine your child received during surgery (anesthesia) may make him feel like throwing up (nausea), and he may vomit for up to 24 hours after surgery. Sometimes car movement or pain medicine may cause nausea. You can help control nausea by encouraging your child to lie still and decrease movement. If your child has trouble with nausea and vomiting, feed him clear liquids. Then, slowly give him more normal foods till he is eating his normal diet. If your child vomits, give his stomach 30 to 60 minutes to settle down and then begin feeding him clear liquids. It is very important for your child to drink liquids after surgery to avoid dehydration. It is fine if he does not eat solid foods for a day or two. If vomiting is persistent or continues for several hours, call your doctor for instructions.

How will I know if my child is drinking enough?

After surgery, your child may not have enough body fluid. Some signs of not having enough fluid include dark

yellow urine, a dry mouth (no spit), chapped lips, and the soft spot on your baby's head sinks inwards. If you notice any of these things, give your child more to drink. He should urinate (pee) normally within 24 hours after surgery. A baby should have six to eight wet diapers in a 24-hour period, and an older child should urinate every six to eight hours.

Pain

How can I tell if my child is in pain?

No surgery is pain free, but it is important that your child be as comfortable as possible, so he can heal. If he is older, you can talk to him about his pain and figure out what he needs. If your child is younger or developmentally delayed, he may moan, whimper, make a face of pain, cry, be irritable, be inactive, not eat, or not sleep. In all cases, you should comfort your child and listen to his concerns.

What should I do about my child's pain?

If your child has pain, you should give him pain medicine. If it is not time for the medicine yet, try to control the pain in other ways. Some other ways to control pain are to have him watch a favorite show, give him a massage, or play a game. After the first day, a heating pad may offer comfort. If these methods do not work, call your doctor about changing the amount of pain medicine or other medicines. Most children need the stronger pain medicine for one to two days.

You may give your child ibuprofen three times a day for the first 72 hours after surgery. This is an over-the-counter medicine with information about how much to give and how often on the bottle. You do not need to wake your child to keep the schedule. Your doctor may prescribe a stronger medicine (such as Lortab® or oxycodone). If this does not seem to be enough, call your doctor's office and speak to the nurse. If you need to call after hours, call the hospital to reach the doctor on call. It is common for children to need pain medicine for the first 48–72 hours after surgery. Generally the need for pain medicine decreases quickly after this.

Wound care

How should I care for my son's penis after penis surgery?

Follow the instructions the surgeon gives you for how to care for your son's penis after surgery.

How much drainage is normal?

A small amount of blood and oozing is normal and may cause a 1 inch blood spot in the diaper. There should not be dripping blood, though.

If there is blood dripping, or the spot is larger than one inch, apply firm gentle pressure with a clean dry wash cloth and call your doctor. If the bleeding continues after 10 minutes of pressure, call your doctor or take your son to the emergency room.

Bathing and showering

When can my child take a bath or shower?

Your child can bathe 48 hours after surgery. You should place him in a warm bathtub twice a day for several days. This will help healing and reduce swelling. He can have a sponge bath right after surgery. You can use wipes on the surgery sites 48 hours after the surgery.

Activity

How active can my child be after surgery?

Because of anesthesia, for the first day after surgery, your child should not do any activities that require balance. These activities include riding a bike, playing on playground equipment, and riding a scooter. If he is using a narcotic for pain control such as Tylenol™ with codeine, Lortab™, or hydrocodone, he can become sleepy or dizzy. Watch your child and prevent him from falling.

Behavior

What is normal behavior after surgery?

It is very normal to see behavior changes after surgery. Your child may act like a younger child (bed wetting or acting out), change his sleep and eating patterns, or have nightmares. Be patient with him. Eventually he will have less of this behavior. Make sure you comfort your child and help him feel safe. Understand that your child's routine has been upset by surgery. Most behavior changes last between a few days and two weeks. If the behavior lasts longer than four weeks, call your pediatrician.

Calling the doctor

How do I call the doctor?

Call the Urology office at 801.662.5555 during office hours, 8:30 am to 4:30 pm, and speak to the nurse. If the

office is closed, call the operator at Primary Children's Hospital, 801.662.1000 and ask for the Pediatric Urology Resident on call. The resident physician can be reached at any time.

When should I call the doctor?

- The wound site shows increased swelling.
- Your child cannot urinate.
- Your child's temperature increases. Mild fevers after surgery are common. If the fever is above 102 °F, please call your doctor.
- The wound site continues to bleed. The wound may have Small amounts of bleeding. If there is active bleeding (dripping), place a clean, dry washcloth on the bleeding area. Apply gentle firm pressure for 10 to 15 minutes as you would for a nosebleed. If it doesn't stop, call your doctor.
- Drainage from the wound increases.
- Your child shows any of the following signs of dehydration: not drinking, dry mouth, less than six wet diapers/day, lack of tears, soft spot on the top of the head sinking.
- Increase in diarrhea or constipation.
- Increase in pain or inconsolability.
- Signs of chest pain or shortness of breath: if this seems severe, call 911.

Are there special instructions for the ride home?

Observe your child during the ride home. It is okay if he sleeps, but his head and neck should not fall or slump forward as his airway may become partially blocked. Your child should be in a child safety seat with proper restraints.

Should I make a follow-up appointment?

Please call your doctor's office and make an appointment to have your child seen after surgery or follow-up with your primary care physician if this is what the urologist discussed with you.