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

(Dr. Argueso/Dr. Zuniga/Dr. Grimsby) This dressing should remain as clean and dry as possible until it is removed in the office. This dressing may come off. You do not need to call the office or apply another dressing. If the dressing comes off, apply Vaseline to the penis with each diaper change or 3-4 times daily.
(Dr. Nguyen) Remove the dressing as directed. This dressing may come off.

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

Plain Tylenol may be adequate for pain control in the infant population. If your child is over 6 months of age, you can use ibuprofen, Advil or Motrin. We may give you a prescription for pain management to be given every 6 hours, as needed. You may give this to your child to control more severe pain. If your child is older than 6 months, we will ask you to alternate the prescription pain medication and ibuprofen every 4 hours.

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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 may 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.

**FOLLOW-UP**

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.