WHAT TO EXPECT AFTER HYPOSPADIAS SURGERY

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NORMAL COURSE AFTER GENERAL ANESTHESIA (Going to Sleep for Surgery)

A breathing tube was placed in your child's throat to help him breathe while he was asleep during surgery. This often causes a sore throat which can be quite painful. This typically goes away in the first day. If this bothers your child, we suggest cold drinks and soft foods. Some may need to avoid hard and crunchy foods for 1-2 days.

After surgery, it is normal for your child to have a low-grade fever, usually 99 or 100 degrees Fahrenheit. We become concerned if the fever is greater than 101.5 degrees. Usually, fever after surgery is due to respiratory infections such as ear infections, colds, and possibly, pneumonia. It is often preferable to have your child’s doctor check him if he has a high fever soon after surgery to be sure that it is not an ear, sinus, or lung infection. Infections of the penis after hypospadias surgery are very rare.

DRAINAGE TUBE

After most hypospadias surgery, a drainage tube (catheter) is left in the penis during the initial healing phase. This allows urine to drain from the bladder and not be in contact with the surgery site during healing. You will see this tube coming out of your son’s penis. It is secured to the penis so that it should not fall out. Your son will not urinate in the normal fashion; urine will drain continuously out of the tube as soon as it comes into the bladder. It is safe for the tube to drain directly into your son’s diaper. In older boys it will drain into a collection bag attached to the leg.

The drainage tube may irritate the bladder so medication is prescribed to prevent bladder spasms. (see below)

Please notify our office if the tube does not drain for four hours.

The drainage tube is usually removed in 5-10 days once the penis and urethra have had adequate time to heal. This is done in the clinic and only takes a few seconds. It may cause mild discomfort.

DRESSING

The penis is usually covered with a clear dressing (similar to plastic wrap) that sticks to the penis. This is usually removed when you return to clinic for removal of the drainage tube. The penis is completely covered, so you do not need to put anything on it. Occasionally, the dressing will begin to come off of the penis. In that case, you may trim the dressing off carefully, but do not interfere with the drainage tube or the stitch attached to it.

If your child has a messy bowel movement, simply wipe the penis off with warm water. It is OK for the penis and dressing to get wet, but do
not allow it to soak underwater. Sponge baths or showers are acceptable until the drainage tube and dressing are removed. Do not worry about urine getting on the penis. Urine is sterile and does not cause infections.

**SWELLING/BRUISING**
The penis will become quite swollen and red after surgery. Do not be alarmed. Most of the swelling will be gone within a month but it takes up to 6 months for all of the swelling to go away.

You will probably see bruising at the base of the penis and in the scrotum. This is normal and usually disappears in one to two weeks. It is not unusual to see a small amount of bleeding from the dressing for the first day or two. Typically, you will see coin-sized spots of blood in the diaper. Please call our office if you see large blood clots.

**ACTIVITY**
We recommend that your son not play on straddle toys for one month. These include bikes, trikes, rocking horses, or any toy where his weight is suspended in the crotch. We suggest that you not send your son to daycare or school until the drainage tube is removed, but it is safe to ride in a stroller or car seat.

**PAIN CONTROL**
There are two kinds of pain from hypospadias surgery.

The first is the typical pain after any surgery. This pain comes on and goes away slowly and is treated with usual pain medications. We suggest giving ibuprofen (Motrin or Advil) every eight hours daily for the first three days after surgery. This may prevent pain before it begins and reduce the need for stronger medications. This occasionally can upset the stomach, so it is a good idea to have your child eat or drink something at the same time as taking the medication. After 3 days, your child can take this medication as needed. Ibuprofen may not be strong enough to deal with all of the pain after surgery. Your doctors have written a prescription for a stronger medication (a narcotic) to manage severe pain. Narcotics will not cause addiction in that short period after surgery. We suggest that you fill this prescription before going home. Sometimes, the patient may feel fine but then wake up in the middle of the night needing the stronger medicine. Constipation and nausea are common side effects of the stronger pain medicine. Therefore, the stronger medicine should only be used if he is having severe pain not helped by ibuprofen.

The second type of pain that can occur is bladder spasms. These can be sudden, painful, and last only a few minutes. If you see your son cry out for a short period (and often draw up his legs), that is most likely a bladder spasm. Oxybutynin has been prescribed every eight hours to prevent bladder spasms until the drainage tube is removed. Please let us know if your son appears to be having bladder spasms despite taking the oxybutynin. The most common side-effects are dry mouth, constipation, and flushing of the cheeks. Do not be concerned if his cheeks turn bright red. This can be normal with oxybutynin and is not an allergic reaction. If constipation occurs (no bowel movement for three days), you can use glycerin suppositories which can be purchased without a prescription. Follow label directions for use.

Finally, an antibiotic has been prescribed in order to prevent infection while the drainage tube is in place.

This sheet is meant to be a general guide to help you care for your son following surgery. If you have problems or concerns, please contact our office at (601) 815-1454. There is an answering service at night and on the week-ends to locate a nurse or doctor.