



Pediatric Urology

Care after a Hypospadias 1st Stage Graft Repair

Hypospadias is a disorder in which the male urethral opening is not located at the tip of the penis.

Activity

For the first few days following surgery, your son may not feel like being very active. He may increase the level of activity as the soreness goes away. For 2-3 weeks after surgery, your son should not participate in any activities which would require him to straddle a toy such as a rocking horse or bicycle. Strenuous activities such as gym, contact sports, and swimming are not permitted for 2-3 weeks after surgery.

Diet

Your son can eat normally as soon as you are home. Encourage fluids to keep your son's urine clear. Some children may have nausea or vomiting from the anesthesia, but this rarely lasts long. Your son's appetite will soon return to normal and he can resume his regular diet.

Medications

Your child will be given three medications at discharge. First is an antibiotic, second is a pain medication, and the third is given to prevent bladder spasms until the catheter is removed. If an oral graft was needed, a prescription to gargle with "Magic Mouthwash" will be given to help with mouth discomfort.

Catheter

Your child will be discharged with a catheter. If your child wears a diaper, the catheter will drain into the diaper. Use two diapers for added protection and cushioning. Your nurse will show you how to arrange the double diaper. Blood in the diaper is normal as is blood in the catheter. If your child is older, the catheter will drain into a bag on his leg. Some urine may leak around the tube. This is common and not a problem, as long as most of the urine drains through the tube. Excessive leaking might indicate the tube is blocked.

Bathing

Sponge-bathe your child until the catheter is removed. When you resume regular bathing, use warm water without soap first. Don't scrub the area and don't directly wash the penis; just allow water to soak the area. Gently pat the area dry with a clean towel.

Dressings

Your son will go home with rolled Vaseline gauze lying against the graft and held in place by 3 blue stitches tied over the roll. Then there is a regular gauze covering the penis held in place by a plastic bandage. It will probably become bloody underneath the plastic. This is normal. If it becomes soiled from urine and stool, do not remove it unless there is stool underneath the plastic dressing on the gauze. If the dressing has stool on the outside, clean with soapy water, wiping away from your child's penis. Some blood on the diaper is normal as is blood in the catheter. Do not apply powder to the genital area.

Remove the outer dressing (both plastic and gauze) two days after your son's surgery. Please be careful with the catheter or tube. This can be performed in our office, if desired. The inner bandage with rolled Vaseline gauze should be removed 5-7 days after surgery. Expect some swelling and bruising of the penis and scrotum after surgery. This will resolve with time. Some oozing from the penis with spotting in the diaper is normal.



Graft

When the bandages all come off and the graft can be seen for the first time, many caregivers are concerned about the appearance of the penis and the graft. This is especially true when grafts are taken from inside the lip, as they appear very red. This is normal. During healing, before the second operation, the penis will gradually begin to look normal when viewed from the top.

Pain

Most children receive a nerve block during surgery to reduce pain. This block will wear off in four to six hours. To help prevent pain after this, you can start giving pain medication as prescribed.

Call your doctor if:

- Fever over 101.5
- Excessive redness or swelling around the incision
- Any pus-like drainage from the incision
- Severe pain not relieved with prescribed medication

There may, on occasion, be some blood in the urine or you may notice some spotting on the diaper. This is not unusual following surgery on the urinary tract, so please do not let this alarm you unless the blood looks bright red and the bleeding becomes excessive.