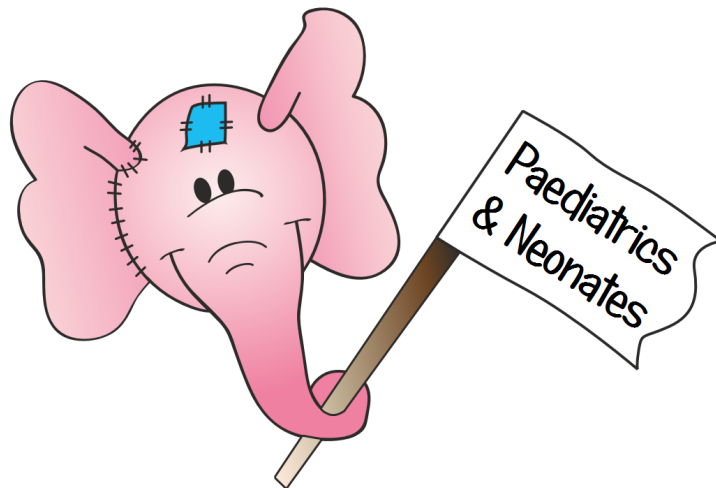


Advice after hypospadias surgery

Children's Ward

Parent/Carer Information Leaflet



Introduction

Your son has had surgery for hypospadias and we wish him a speedy recovery.

In order to help with his recovery, we have designed this leaflet to provide you with advice on how to care for him after his operation. Your son's hospital doctor may also give you specific advice to follow.

Everyone recovers differently after surgery and it is normal to feel tired and weak for several days. If you are concerned about your child, please contact your GP.

Will my son have pain?

It is usual for your son to be uncomfortable for a few days after this operation. His penis will probably be swollen and bruised for a few weeks after surgery although this will most likely look worse than it feels.

If your son is in pain when you get home, we recommend buying pain control such as paracetamol and ibuprofen, if suitable for your child (always read the label; do not exceed the recommended dose). If your child cannot take ibuprofen, we will give prescribe codeine for him instead.

If your son needs stronger medicine, we will give you this before you go home.

How can I care for my son after his operation?

Your son will have a waterproof 'superglue' dressing on his penis. This will fall off on its own.

- Encourage your son to drink plenty as this will cause him to pass urine more often. This will help prevent infection.
- Do not give your son a bath for the first 24 hours after his operation. After this, give him two baths a day in plain water, for no more than five minutes at a time. This helps keep the wound clean and healthy. You will need to do this for up to two weeks. Your nurse will advise you about this.
- Put a supportive pad into snug-fitting underpants to support the penis in a raised position, once the catheter has been removed. You can buy these from all good pharmacies. If your son wears nappies, you can put two on, one on top of the other, to act as padding.
- Prevent your son from sitting on bicycles, see-saws, sit and ride toys or similar, until he has seen the consultant for a follow-up visit.

- Your son will need to stay off nursery or school for up to two weeks. Your surgeon will advise you about this.
- Do not allow your son to take part in contact sports or boisterous activities for six to eight weeks after he comes out of hospital.

Catheter care

If your son still has a catheter in place when he goes home, we will give him antibiotics to reduce the risk of infection. We will give you an appointment to have the catheter removed – it may need to be left in place for up to 10 days.

If your son has a catheter in place:

- Drinking plenty will help prevent blockage of the catheter.
- Make sure the catheter strap is fixed securely to your son's leg with tape. You will be shown how to do this before you go home.
- Empty the catheter bag when it is at 1,000mls, at least once or twice a day. Make sure you wash your hands well before emptying the bag. We will show you how to empty the bag while you are in hospital.
- Make sure the catheter bag is always placed below the level of your son's heart as this will help the urine to drain better.
- Give him two baths a day in plain water, for no more than five minutes at a time. This helps to keep the wound area clean and healthy.

Bladder spasms

The catheter can irritate the inside of the bladder, causing bladder spasms. Bladder spasms can show up as tummy pain or discomfort in the penis or bottom area.

If your son is having a bladder spasm, check that the catheter is not kinked or twisted, give him some pain relief medicine (follow the instructions on the bottle).

If your son is still in pain after another 30 minutes, or if you are at all concerned about bladder spasms, please contact the Children's Ward on 01384 244271.

Constipation can make the spasms worse, so make sure that your child is eating a balanced diet and drinking plenty of fluids when you get home.

Leakage from the catheter

Sometimes the catheter can leak because of a blockage, bladder spasm or if your child is straining to open their bowels. If this happens, check if the catheter is kinked or twisted and that it is still connected to the

catheter bag. If twisted, untwist and make sure it is no longer leaking. If there are no obvious reasons for the leakage, contact the Children's Ward for advice.

Removal of the catheter

When your son comes to have the catheter removed, this can be painful so please give him the maximum amount of pain relief on that day, following the instructions on the bottle.

Once the catheter is removed, continue encouraging your son to drink plenty. Try to observe your son passing urine to see if the stream is straight with no drips. Sometimes the urine stream will not be straight at first, due to swelling in the penis. This should settle down once the swelling subsides.

If your son has had a stage one repair only, it is usual for him to spray urine until the second stage of repair has been completed.

What should I look out for?

If your son has increased swelling, bleeding or difficulty in passing urine, or the catheter falls out, please contact the Children's Ward on 01384 244271.

If your child shows signs of the following during the next few weeks, always seek advice from the Children's Ward, your GP or the Emergency Department:

- High temperature
- A lot of pain
- Being sick

Even if the wound looks fine, this could mean that your child has an infection.

Open access to Children's Ward

Your child will have open access to the Children's Ward for 72 hours after their operation. This means they can return to the Children's Ward without having to visit their GP first.

If you have any concerns, or you feel that your child needs to return to hospital, call the Children's Ward. This is to make sure that there is a bed available for your son. If a bed is not available at that time, the staff will advise you to go to the Emergency Department.

If you bring your son to hospital in an ambulance, he will be taken straight to the Emergency Department.

Follow up

We will give you a follow up appointment to see the surgeon, Mr Wharton, before you leave hospital. Please contact the number on the appointment sheet if you cannot make this appointment and we can arrange another one. If your son has a catheter, we will also give you an appointment to have this removed.

If you have any questions or if there is anything you do not understand about this leaflet, please contact:

Children's Ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/c2-childrens-ward/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

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