

Advice after hypospadias surgery

Children's Ward Patient Information Leaflet

This leaflet is for boys over age 11

Introduction

This leaflet is for people who have had an operation for hypospadias. It gives information on what you should do when you get home. Your hospital doctor may also give you specific advice to follow.

If you have any questions or concerns, please contact a member of the Children's Ward.

Will I be in pain after the operation?

You will be uncomfortable for a few days after this operation. Your penis will probably be swollen and bruised for a few weeks after surgery. However, this may look worse than it feels.

When you get home, it is a good idea to have painkillers regularly, such as Calpol. You must always read the label on this medicine and do not take more than it says you should. If you need stronger medicine, we will give you this before you go home.

The pain should go away but if it gets worse, get your mum, dad or carer to take you to your family doctor or the nearest Emergency Department.

What do I need to do after my operation?

You will have a waterproof 'superglue' dressing on your penis. This will fall off on its own.

- Try to drink plenty as this will make you wee more often. This will help to stop you from getting an infection.
- Do not have a bath for the first 24 hours after your operation. After this, have 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 give you information about this.
- Once the catheter has been removed, wear a supportive pad in snug-fitting underpants to support your penis in a raised position. Your parent/carer can buy these from all good pharmacies.
- Do not sit on bicycles, see-saws or similar, until you have seen your hospital doctor for a follow-up visit.
- You will need to stay off school for up to two weeks. Your surgeon will discuss this with you.
- Do not take part in contact sports or boisterous activities for six to eight weeks after you come out of hospital.

Catheter care

If you have a catheter in place when you go home, we will give you antibiotics to help stop you from getting an 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 you have a catheter in place:

- It is a good idea to drink a lot to help prevent the catheter from becoming blocked.
- Make sure the catheter strap is fixed securely to your leg with tape. We will show you 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 heart as this will help the urine to drain better.

Bladder spasms

The catheter can irritate the inside of the bladder, causing something called bladder spasms. You may feel these as tummy pains or pains in your penis or bottom area.

If you are having a bladder spasm, check that the catheter is not kinked or twisted. Take some pain relief medicine (always read the label on the bottle; do not take more than the label says you should).

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

Constipation can make the spasms worse, so make sure you eat a balanced diet and drink plenty of fluids when you get home.

Leakage from the catheter

Sometimes the catheter can leak because of a blockage, bladder spasm or if you strain to have a poo.

If this happens, check that the catheter is not kinked or twisted and that it is still connected to the catheter bag. If it is twisted, untwist it and make sure it is no longer leaking. If you cannot see why the catheter is leaking, contact the Children's Ward for advice.

Taking the catheter out

We will give you an appointment to have the catheter out. This can be painful so please take some painkilling medicine, following the instructions on the bottle.

Once the catheter is out, make sure you continue to drink plenty. Sometimes when you wee, the urine stream will not be straight at first. This is usually because there is swelling in your penis. This should settle down once the swelling goes down.

If you have had a stage one repair only, it is usual to spray urine until the second stage of repair has been completed.

What should I look out for?

If you have any of the following:

- an increased amount of swelling
- bleeding
- you are struggling to wee
- the catheter falls out

please contact the Children's Ward on 01384 244271.

If you have any of the following during the next few weeks, always seek advice from the Children's Ward, your family doctor or the Emergency Department:

- High temperature
- A lot of pain
- You are being sick

Even if your wound looks fine, this could mean that you have an infection.

Open access to Children's Ward

You will have open access to the Children's Ward for 72 hours after your operation. This means you can go back to the Children's Ward without having to visit your family doctor first.

If you are worried about anything, or you feel that you need to come back to hospital, ask your parent or carer to call the Children's Ward. This is to make sure that there is a bed available for you. If a bed is not available at that time, the staff will advise you to go to the Emergency Department.

If you come to hospital in an ambulance, you 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. If you cannot make this appointment, please ask your parent or carer to contact the number on the appointment sheet and we can arrange another one. If you have a catheter, we will also give you an appointment to have this taken out.

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/paediatrics-and-neonatology/>

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.

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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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