

Surgery For Hypospadias

For your son, the tube which carries pee or urine from the bladder is too short and it opens on the underside of his penis instead of its tip. This is called hypospadias.

Sometimes the tube, which is also called the urethra, is very short and the opening is right at the base of the penis. Often the penis curves downwards. This is caused by a thickening of tissue in the penis. This thickening is called a “chordee”. www.aboutkidshealth.ca has great photos of chordee.

One newborn boy out of every 350 has hypospadias . We know it happens more often in some families than others . We do not know what causes it to happen in those families.

How Is Hypospadias Corrected?

It is corrected with surgery. After the surgery the penis will look normal. After a while your son will be able to pee without spraying. After the surgery your child will toilet train in the usual way and at the usual time. As well, the surgery does not change the penis’ size, sexual feeling, sexual function, or the ability to father children.

There are several surgical ways to achieve these goals. The surgeon will plan the type of surgery to best correct your child’s problem. He will discuss his plan with you in the Urology Clinic.

- ▶ If the hypospadias is mild the urethra is long enough. The surgeon moves the opening of the urethra, which is called the meatus, to the tip of the penis. If the penis curves downwards because of a chordee, the doctor cuts through the tight band of tissue. This straightens the penis.
- ▶ In more severe cases, the surgeon needs to lengthen the urethra. To do this the surgeon removes the skin covering the end of the penis. This is called a circumcision. The skin he removes is called the foreskin. He uses the foreskin to lengthen the urethra.

What Can You Expect After Surgery?

Most children go home on the same day after surgery. They will be tired, cranky and probably sleep most of the day.

It is normal to see:

- ▶ the penis very swollen and bruised after surgery. The swelling very slowly goes down. The bruising will change colour from purple to pale yellow. It will take at least 2 months for the penis to look normal.

- ▶ a small amount of blood in your child’s diaper or underwear after surgery.
- ▶ a small, clear, silicone tube sticking out of the tip of your child’s penis. This tube is called a stent. You see the end of the stent. A stent holds the urethra open and allows urine to drain while the healing takes place. The stent is held in place by two small stitches. The stent often irritates the tissue of the bladder and urethra. It is also more likely you will see blood in your son’s diaper or underwear if he has a stent in place. Sometimes the stent comes out of the urethra with pressure from peeing. Never pull the tube out or push it back. Call your surgeon’s office during normal office hours to arrange for him to remove the stent.
- ▶ there will be small stitches around the penis. These may bleed a little especially if he bumps his penis. The stitches will dissolve so there is not need to have them removed.
- ▶ a bandage or dressing around the penis.. There are two parts to it. The outer part is a blue coloured wrap. The second part is a clear, soft, sticky dressing.

How Do I Care For My Son After Surgery?

1. Helping Your Son’s Pain

Your son will have some pain for the first few days after surgery. Give the pain medicine called Tylenol and Codeine that your doctor had you get. How much you give depends on how much your child weighs. Read the side of the bottle. If you need help talk to your pharmacist. The more comfortable your child is, the easier it is for the body to heal.

If your son has a stent in place he may feel cramps in his bladder. Your son will feel this as a pain that comes and goes and that lasts for a few minutes each time it happens. He may grab his penis or his back when he feels this pain. Give your son the medicine to stop these cramps or spasms. It is called Ditropan or Oxybutnin When the stent is taken out your son does not need to take this medicine anymore.

Your son may feel it burn when he pees. Putting him in a bathtub of warm water and leaving the tap running helps. Do this on the night of surgery. It is OK to get the stent wet. The warm water will ease the

burning and help the pee or urine flow.

2. Preventing Infection

Give the antibiotics to your son that the doctor ordered. Keep giving them until they are gone.

Take the blue coloured dressing off after 24 hours. Do this before a bath. It is easier to take this wrap off when it is not soaked. The second part of the dressing will fall off after you start soaking your child in the bath tub, if not, gently remove it while it's wet.

For the first two weeks after surgery let your son soak in the bathtub two times a day for no more than 5-10 minutes. Do not put soap directly on the penis as this will sting.

Put antibiotic cream, called Polysporin, on your son's penis with diaper changes and after every bath. You may also put Vaseline on the inside of the diaper with so his penis does not stick to it.

3. Doing Other Things That Help

Encourage your child to drink lots. It eases the burning feeling when he pees. If he will not drink have him suck on ice chips or popsicles.

The pain and bladder spasm medicine can make his poo hard. Drinking lots of fluid, eating whole grain breads and fruit prevents this. If your son finds it hard to poo you can give him a children's glycerin suppository. You can buy this at the drug store. Ask your nurse how to give it if you have not done it before.

For 3 to 4 weeks protect the penis from rough and tumble or riding activities that might hurt. Putting an extra diaper on your son so he wears two and taking away an ride-on toys helps.

4. Bringing him back for followup.

Your surgeon will want to see your child, in the Urology Clinic, six to eight weeks after surgery.

Call **604-875-2734** as soon as possible to book an appointment.

The Urology Nurse will remove the stent in the Urology Clinic. You can give your child pain medication an hour before the clinic visit. Pulling out the stent may irritate the urethra again so your son may feel burning when he pees. This feeling goes away in a day or two.

5. Calling the surgeon's office or the nurse clinician at 604-875-2889 if:

- ▶ urine has bright red blood
- ▶ urine has a bad smell
- ▶ there is green discharge from the stitches or penis
- ▶ the stent falls out
 - there is redness that is spreading on the skin
 - your child has a fever

For more information

www.aboutkidshealth.ca

click: how the body works

click: sex development

click: Hypospadias

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Some information for caring for your son



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