

**JOHNS HOPKINS MEDICAL INSTITUTIONS**  
**Division of Pediatric Urology**  
**1800 Orleans Street**  
**Baltimore, MD 21287**  
**DR. GEARHART'S**  
**POST-OP CARE:**  
**HYPOSPADIAS/CHORDEE REPAIR**

**WHILE YOU ARE STILL IN THE HOSPITAL:**

- Following surgery, after your son is fully awake, he will be encouraged to drink clear liquids.
- He will be discharged from the hospital when he is tolerating fluids. Nausea and vomiting are common after anesthesia and may last for 24 hours after surgery.
- Do not worry if you see a little spot of blood.

**UPON ARRIVAL HOME:**

**DIET:**

1. You may feed your child clear liquids (juices, jell-o, broth) and advance as tolerated, no fried/fatty foods for at least a day after surgery.
2. Do not force feed, especially if your child is nauseous. His appetite will return to normal with time.
3. AVOID orange juice, soda, iced tea until next post-op visit.

**DRESSING:**

1. The penis is wrapped in a special bandage. This bandage will be removed in the office.
2. Do not worry if you see blood on the bandage.
3. Try to keep the bandage and surrounding areas clean with frequent sponge baths.
4. Do not be concerned if the bandage becomes soiled with stool or urine. It will also be smelly. The penis will not get infected.
5. If the dressing comes off it is OK, please DO NOT try and put it back on.

**TUBE IN PENIS:**

1. There may be a tube that passes through the penis into the bladder. This tube will be sewn in place. This is used to drain the urine continually from his bladder so that your child does not need to urinate. He may feel the "urge" to urinate because the tube can irritate the bladder. Older boys may be given a medication called oxybutinin to help relieve this urge and the associated bladder spasms.
2. The bladder spasms may cause some leaking or spraying of urine AROUND the tube. This is common and the oxybutinin will help this.
3. Do not let the tube become kinked or bent as this will prevent the free flow of urine.
4. Do not push or pull on the catheter-be careful during diaper changes.
5. Remember-the tube is in the bladder and draining urine. Urine will flow from the catheter during diaper changes.
6. Bleeding may occur minor spotting in diaper and seeing blood in the catheter is NOT UNUSUAL and should stop after a few days.

**DIAPERS:**

1. Double diaper your son for added protection, see additional handout.
2. Place the urinary tube and penis into the diaper as directed by your doctor.
3. Change the diapers more frequently during the first post-op week.

## **BLADDER SPASMS:**

1. Bladder spasms occur from the tube irritating the bladder as well as from the normal healing process.
2. Signs of spasms include: arching of the child's back with associated irritability, spraying of urine through and around the tube, a sudden awakening from a sound sleep severe urge to urinate.
3. For the occasional spasm try holding and comforting your child
4. Constipation will make the spasms very severe. The oxybutinin AND the codeine are constipating. Make sure your son has daily soft bowel movements. If you notice a change in his bowel habits, start with straight apple juice or dilute prune juice. Try some baby prune juice. Add fiber. Avoid pasta and dairy

## **ACTIVITIES:**

1. Carry your child so that he is supported under his behind. No pressure should be placed on his penis area!
2. **NO** straddle toys (bouncers, bicycles, tricycles and rocking horses) for at least 3-4 weeks, unless otherwise directed by your doctor. Do not carry patient on your hips.
3. Infant/child car seats, strollers and high chair may be used.
4. Your child may ride in the car, take walks as tolerated and walk up and down stairs

## **MEDICATION:**

Your child will be given Oxycodone for pain relief. Please administer this medication for the first 2-3 days. For any further discomfort or after the 2-3 days give your child Ibuprofen as directed.

## **BATHING:**

- Sponge bathe your child for 7 days, keeping the penis dry. Begin regular baths/showers after 7 days limiting the time to 5 minutes. After the bath/shower please use a blow dryer on low heat to help dry the penis.

## **COMMON FINDINGS:**

1. The penis may swell and look raw and red. You will see stitches on the penis.
2. Bruising at the base of the penis and scrotum is NOT unusual and will disappear in a short period of time.
3. The penis will have several areas of greenish-yellow scabs, **THESE ARE NORMAL SIGNS OF HEALING.**
4. The most common causes of post-op fevers are colds or ear infections.
5. If there is mild discomfort with urinations, do not be alarmed. This will resolve shortly. Encourage him to drink plenty of fluids to alleviate this discomfort.

## **PLEASE CALL YOUR DOCTOR IF YOU NOTICE:**

- Fever over 101.5 degrees
- Extreme pain, redness, and/or bleeding at the site.

**POST-OP OFFICE VISITS:** Your child should be seen in the office 7-10 days after discharges, unless otherwise directed by your doctor. Please schedule an appointment by calling the office at 410-955-6108.

**IF YOU HAVE ANY QUESTIONS:** Please call the clinic nurse Karen Spriggs at 410-614-6304, Monday through Friday 8AM-4PM.

**AFTER HOURS OR IN THE CASE OF AN EMERGENCY,** please call the residents on-call at 410-955-6070.