

HOME CARE INSTRUCTIONS

HYPOSPADIAS

- **What to expect:** foreskin and tip of penis may stay swollen for 2-3 weeks. Some healing fluid may form a yellow or light green scab on the tip of the penis. The sutures will fall off on their own in 5-14 days. The tip of the penis may appear dark red, blue, or purple.
- **Pain control:** Use pain medication as directed by your doctor on the prescription. Give the first dose upon arrival at home. Best to give the pain meds before the child is too cranky. Avoid ibuprofen or aspirin for at least 4 days after surgery as these medications may promote bleeding.
- **Wound care:**
 - **Dressing wrapped around penis:** Allow the dressing to fall off on its own. It may take several days. If the dressing becomes very dirty, you can remove it by soaking your son in a warm, clean bath or by using a wash cloth soaked in warm water.
 - After the dressing falls off, you do not need to replace it.
 - Apply antibiotics ointment with pain relief onto the tip of the penis and the skin edges every diaper change for 2 weeks. Thereafter, you may be asked to use some baby powder on the skin edges. Do not apply alcohol, peroxide, or other chemical antiseptics.
 - **Catheter care:** When present, follow the doctor's instructions.
 - If there is no bag and catheter drains continuously, cut a hole in the front part of the diaper, pass the catheter and penis through the hole, and enclose the area with a second diaper. Change the outer diaper every 3-4 hours or when quite wet. Change the inner diaper when soiled with stool.
 - If catheter does not drain continuously, use only a single diaper.
- **Foreskin retraction:** With every diaper change, retract the penile shaft skin to clearly separate the skin from the "mushroom" edge. The freshly separated skin edges have a tendency to stick back together and could cause formation of skin bridges that would require additional procedures.
- **Bathing:** You may bathe him normally in the tub *if there is no catheter*. Be gentle when drying the area—dab dry, do not wipe. Use non-irritating baby shampoo. If there is a catheter, sponge bath only until catheter is removed. In either case, rinse off the area well if stool gets on it.
- **Feeding:** Same as before procedure. Avoid constipation.
- **Activity:** Avoid straddling for 2-4 weeks. Use safety seat when traveling in car.
- **Medications:** Follow the doctor's instructions on the prescription.
- **Bleeding:** Your child may have a small amount of bleeding around the surgical site. It is normal to see a few drops of blood in their diaper or underwear. Check your child's penis when you arrive home. If it is bleeding, apply pressure to the area (squeeze gently). Usually, five minutes of pressure will be enough to stop the bleeding. If bleeding persists, call the doctor's office.

Call our office IMMEDIATELY if:

- The incision appears infected (redness spreading beyond the penis, green pus discharge, fever)
- Your child develops a fever of 101.5°F by mouth or 102.5°F by rectum or higher.
- He is urinating only in drops, the head of the penis is bright red or black, or there is persistent bleeding at incision site.
- Your child seems to be ill or has increased pain.
- There is rapid and painful penile swelling.

Call your son's Doctor during regular office hours if:

- You think that the penis has an abnormal aspect
- You have other questions or concerns.

Revised: March 20, 2014