

Children's Surgery

Hypospadias repair

Nutrition

Your son may eat and drink normally after surgery. Please encourage your son to drink plenty of fluids to help him pass urine. If he's not passing urine regularly, please seek medical advice.

Your son should have a high fibre diet. He may also be prescribed laxatives to help keep his bowels more loose. This prevents straining, which can cause wounds to break down prematurely.

Mobility

Your son may feel tired or washed out once he goes home. This may last a few days. Your son will recover from his operation at his own speed.

Bathing

We do not advise soaking or sitting in baths during the healing period right after surgery. Instead, we recommend showers or washing with running water. Avoid prolonged soaking of the wound.

Drying and dressing: Dry by patting with a fresh or clean towel after each wash, and then apply the ointment provided (chloramphenicol eye ointment). The ointment works not only as a dressing but also contains antimicrobial to help fight any early infection.



Patient Information

Clothing: Encourage your son to wear loose clothing. For example, pyjamas or tracksuit bottoms for the first few days if appropriate, or apply a nappy as advised.

Underwear: Avoid having your son wear tight underwear until he feels comfortable enough to do so.

Return to school / activity

Your son should stay off school/ nursery for 7 to 10 days. No contact sport, riding a bike or climbing for 4 to 6 weeks. These may cause discomfort, swelling, or bleeding.

However, do not restrict him too much. Children are inherently good at identifying what isn't comfortable.

Wound care

If your son has a stent or catheter, you'll need a follow up appointment for removal of the catheter on an age-appropriate ward.

It's normal for your son's penis to be red and swollen for about 7 to 10 days after the operation.

If your child is wearing nappies, frequent nappy changes, particularly after soiling, are recommended. Apply the ointment during every nappy change.

Signs of infection

Contact the Children's Emergency Department (CED) on 024 7696 6934 or your GP if:

- your child's wound begins to swell even more
- your child's wound starts to smell
- your child's wound starts bleeding
- your child discharges secretion
- your child develops a high temperature

Patient Information

- your child passes blood-stained urine from catheter

Catheter care

Apply 2 nappies to allow the catheter to drain into a clean, outer nappy. Monitor how much urine your son passes- heavy nappies versus dry nappies. Compare the number of nappy changes you are doing to normal.

Keep the catheter clean. If it's soiled, please clean it with running water or wipes, and regularly check for signs of infection. If the catheter is not draining, seek medical advice.

Avoid letting the catheter tubing hang downwards for long periods at a time. This will not facilitate healing. In older children, the catheter may be taped to their tummy (abdomen).

In children still using nappies, avoid the catheter resting on the stitches. Place the catheter tube near the tummy/head end during nappy changes if possible.

Make sure you are aware of when to attend the ward for removal of your son catheter before discharge.

Stent

Make sure a nappy is on at all times. Follow the wound care advice accordingly.

Medicines

Give your son regular pain relief for the first few days to make sure he remains as comfortable as possible. This will allow him to pass urine more easily. Recommended pain relief is paracetamol and/or ibuprofen. Do not exceed the manufacturer's recommended dose.

If the team have discharged your child home on antibiotics and/or cream, follow the recommended dose and instructions as per discharge guidance.

Patient Information

Follow-up appointment

If your son needs a follow up appointment in the Outpatients department, it will be sent to his home address. Or, he may be asked to see his own GP. You'll be informed which option applies to you before you leave the ward.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6850 and we will do our best to meet your needs.

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Document History	
Department:	Children's Surgery
Contact:	26850
Updated:	June 2024
Review:	June 2027
Version:	1
Reference:	HIC/LFT/2900/24