



Child's Name _____

Surgery Date _____

Bladder Exstrophy

How to Care for Your Child's Bladder Before Surgery

How do I take care of my child's bladder?

The most important thing for you to do is to keep your child's bladder moist and clean. You will do this by covering it with a dressing.

What type of dressing do I use?

You can use Tegaderm, a clear adhesive dressing, or plastic cling food wrap like Glad brand "Press'n Seal."

How do I put the dressing on?

1. Put the dressing right over the bladder.
2. Make sure the entire bladder is covered.
3. It is OK to extend the dressing over the surrounding skin.
4. Change the dressing if it falls off or if it gets poop (stool) on it.

How do I care for the skin around the bladder?

- Check the skin around your baby's bladder often for any rash or redness.
- It is OK to use diaper cream on the surrounding skin to treat any rash or redness. Do not put diaper cream on the bladder.

How do I clean the bladder?

- Use a syringe with plain water to clean the bladder or soak your child in a tub.
- Do not rub the bladder.

How do I bathe my child?

- You can bathe your baby normally. It is OK to put your baby in a bath and get their bladder wet.
- Do not scrub the bladder.
- Rinse your baby's bladder if it gets soap or poop on it.
- After bathing, dry the skin around the bladder and put on a new dressing.

What do I do if the bladder bleeds?

A small amount of bleeding is normal. Make sure to keep the bladder protected to decrease irritation.

What if the bladder begins to look different?

Over time, your child's bladder may change how it looks. It may change color or develop an uneven surface. This is normal. What if I have any questions or concerns?

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If your child is having any problems during the day (8:30am-4:30pm Monday – Friday), call our office at **860-545-9395** and ask for the nurse. After hours, call **860-545-9000** and ask the operator for Urology.

Urology Clinic: 860-545-9395
Urology Surgery Scheduler: 860-545-9674
Main Hospital Number: 860-545-9000