

Meatotomy / Meatoplasty

Discharge Instructions for Home

Meatotomy and meatoplasty are surgeries to open the meatus (pee hole).

When will my child be able to go home?

Most children go home the day of surgery. If your child has another medical condition, they may need to stay overnight.

When may my child eat?

- When fully awake, your child may have clear liquids, like 7UP, Jell-O, Popsicles and apple juice.
- Nausea and throwing up (vomiting) are common after surgery. If this happens, give your child a small amount of clear liquids at a time.
- If your child is not sick to his or her stomach or throwing up and is fully awake, your child may then start his regular diet.
- If your child has persistent nausea or vomiting that lasts more than 24 hours after surgery, you should call our office.

How do I take care of my child after anesthesia?

- An adult should stay with your child at all times until his or her behavior returns to normal.
- Do not allow activities that require strength and coordination such as driving, swimming, biking or climbing stairs alone for 24 hours.

How do I take care of the surgical site?

- To prevent the skin on the tip of the penis from growing back together, you will either be instructed to dilate the opening with a urethral dilator or spread the opening 3 times a day until the follow up appointment.
- Each time you dilate or spread the opening, apply a generous amount of antibiotic ointment to the head of the penis.
- The stitches will dissolve on their own over the first several weeks after surgery.
- Regular bathing with soap and water can be resumed immediately.

What will the urine stream be like after surgery?

- A splitting or spraying of the urinary stream is a normal finding and can last up to 2 weeks due to the normal healing process. ***The urine stream usually gets worse before it gets better.***
- A small amount of blood in the urine is normal and may last for 1-2 days.

How much activity can my child do after surgery?

- Your child can return to gym class, recess, heavy lifting, contact sports and swimming **the day after surgery.**
- Your child can return to straddle activities (exersaucer, jumper, riding toys, bikes, horseback riding, etc.) **the day after surgery.**
- Please continue using your car seat, seatbelt, and high chair according to the manufacturer's instructions.

When can my child return to school?

- Your child may return to school when no longer requiring frequent daytime pain medications.

Will my child have pain?

- After surgery, your child may have burning with urination. This is normal. There are a few things you can do to make it better:
 - Increase his fluids for 24 hours. Water and apple juice are good choices.
 - Encourage your child to urinate every 2 hours while awake (a full bladder can lead to discomfort).
 - An over the counter medication called Pyridium or AZO can help to control burning with urination. This medication will turn urine a dark orange and may stain clothes.

- You can put your son in a warm bath/shower and let him urinate in the water. This helps dilute the urine as it comes out.

When should I follow up?

- A follow up appointment will be scheduled for 1-4 weeks after surgery.
- If your follow up has not been scheduled or you do not know the time, please call our office at **860-545-9395**.

When should I call a doctor?

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. Call us if your child has any of these warning signs:

- Signs of infection: spreading redness or discharge from the incision, bleeding, or fever greater than 101.5°F.
- Significant bleeding: rapid swelling or bleeding at the surgery site
- Uncontrolled pain
- Problems after anesthesia: nausea or vomiting that will not stop, noisy breathing, refusing to drink more than 8 hours after leaving the hospital.
- Any other questions or any other medical concerns.

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