

Going home after your son's hypospadias repair

The aim of this leaflet is to answer some of the questions you may have about your son returning to his everyday activities after a hypospadias repair. A hypospadias repair is an operation to correct the hypospadias. If you have any further questions or concerns, please speak to a doctor or nurse caring for your son.

When can my son leave hospital?

After the operation your son will return to the ward with a dressing and a urinary catheter. Usually your son will be able to go home the same day as the operation. Sometimes he may need to stay in hospital overnight. If he does need to stay, one parent can stay on the ward with him.

You should consider travelling home by car or taxi rather than on busy public transport.

After leaving hospital

Your son will usually go home with a catheter (a tube in the penis to drain away urine) and a dressing. We will make an appointment for these to be removed after one week; this will usually be on the ward.

Once you get home your son should be encouraged to continue his normal diet and drink plenty of fluids. He may experience some discomfort for a few days, this is perfectly normal (see the 'Will my son be in pain' section in this leaflet for more details).

He will be given a course of antibiotics to help prevent infection. Please follow the instructions that we give you about taking these medicines carefully.

Looking after the dressing and catheter

Your son will have a large dressing on his penis and a catheter. We will explain how to look after the catheter before you leave the hospital. It is normal for the urine to be slightly blood stained pink when a catheter is in. Blood in the urine is not a problem as long as the catheter continues to drain.

If your son wears nappies, putting two nappies on top of each other can help protect and cushion the wound. If you put the catheter between the two nappies, the inner nappy collects poo while the outer nappy absorbs urine. A nurse will show you how to do this before you go home.

If the dressing becomes dirty, dab any poo off with a damp cloth. Do not remove the dressing. Your son should not have a bath or shower until the dressing is removed.

My son has a bag attached to the catheter – how do I look after it?

If your son has a bag attached to the catheter to collect the urine you will need to empty it regularly. We will show you how to do this before you go home.

Will my son be in pain?

Your son may experience bladder spasms caused by the catheter irritating the inside of the bladder. You may notice that your son arches his back and brings his knees to his chest. The spasms are not harmful but they can be uncomfortable, and he will be given a medicine called oxybutynin to help with these.

In addition, it is normal for your son to need other pain relief when you go home, such as paracetamol or ibuprofen. You will be given these medicines and directions of how often to give these to your son. It is important to give these regularly as prescribed.

When can my son return to normal activities?

Your son should avoid strenuous activities, and should not ride a bicycle or any sit-on toy for six weeks. He should not shower, bathe or swim until the dressing has been removed. All children can return to normal activities when they feel well enough.

Will my son have a follow-up appointment?

Your son will return to the ward a week after the operation for dressing removal. This appointment will be given to you on the day you go home after the operation. It is very important to attend this appointment. Your son should be given pain relief medicine before you attend the ward for the dressing removal.

On this day DO NOT give him oxybutynin.

The dressing and catheter will be removed in the treatment room on the ward. After this is done, you will need to wait until your son has passed urine twice before you can go home. You and your son are able to leave the ward, and the hospital, while you wait for your son to pass urine, but don't go too far e.g. only as far as the South Bank. You can also help by encouraging your son to drink.

After the dressing has been removed, your son will need an outpatient appointment in a few months, so that the surgeon can check his progress. Details of this appointment will be sent to you in the post. If you do not receive an appointment please call us on the number in the contact us section at the end of this leaflet.

In some patients the management plan may vary, the surgeons will explain this to you before the operation.

What should I do if we have a problem at home?

You should call Beach Ward on the telephone number in the contact us section at the end of this leaflet if any of the following occur – we will tell you if you need to go to your local Emergency Department (A&E):

- Excessive pain even though pain relief is given regularly
- Fever (temperature over 37.5°C)
- The wound looks red, inflamed and warmer than surrounding skin
- Bleeding (some spotting or blood on dressing is normal)
- The dressing falls off
- The catheter falls out
- Your son shows an unusual disinterest in eating and drinking
- Continuous vomiting.

If you do need to go to the Emergency Department (A&E) please take all your son's medicines and his discharge letter with you, if possible.

Important: If the amount of urine draining from the catheter is reduced or stops, contact us as soon as possible on the number below.

Contact us

If you have any questions or concerns about hypospadias repair please contact Beach Ward, **t:** 020 7188 8844 (24 hours).

If you have any questions about medicines or their side effects, you can contact the Evelina Pharmacy Team, **t:** 020 7188 5049, Monday to Friday, 9am to 5.30pm.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003 10am to 5pm, Monday to Friday **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and Accessible Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch. **t:** 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

Leaflet number: 2814/VER4

Date published: March 2018

Review date: March 2021

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A list of sources is available