What to expect after your child’s Meatoplasty

ANESTHESIA INSTRUCTIONS:
During the first 24 hours following anesthesia:
1. Your child rest as much as possible as he/she may be unsteady on their feet.
2. You should start with a clear liquid diet and advance slowly as tolerated.
3. Experiencing some nausea and vomiting following sedation/anesthesia is NOT uncommon. Call if vomiting persists.

GENERAL INSTRUCTIONS:
What is a meatal Stenosis? Meatal stenosis is a narrowing of the urethral opening at the tip of the penis. It interferes with the normal urinary stream and toilet trained boys often feel pressure prior to urinating. To correct meatal stenosis, the surgeon will make the urinary opening at the tip of the penis slightly larger. The inside of the urethra is sutured to the glans (tip of the penis). These sutures are absorbable and do not need to be removed.

ACTIVITY:
This varies based their age:
0-8 months: Normal activity for age.
8 months - 2-1/2 years: Be careful of toddler accidents.
2-1/2 years - 12 years: Quiet supervised play for 24-48 hours

WOUND CARE:
There is special care required after meatoplasty. Apply a Vaseline based ointment (bacitracin, A&D Ointment) to tip of penis, to keep moist for 5 days. Baths should be limited to 5-10 minutes the first week of surgery and return to normal bathing starting week two following surgery.

DIET:
The patient may return to a normal diet within twenty-four hours following surgery, as tolerated. We suggest starting with clear liquids and a very light meal the first evening of surgery.

BOWEL:
Constipation is common after surgery. Anesthesia and pain medicine can contribute to constipation. Give your child plenty of clear liquids after surgery. Call the office if your child goes longer than 48 hours without a bowel movement.

PROBLEMS TO CALL WITH:
- Bleeding or excessive drainage.
- Fever greater than 101 F.
- Vomiting
- Not making urine (or decrease in wet diapers).

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After 4 PM, Weekends and Holidays - (410) 481-3003