POSTOPERATIVE INSTRUCTIONS
Hypospadias 1st Stage Graft Repairs

Most patients recover from hypospadias surgery without significant problems or complications. However, the penis may show swelling and bruising when the bandages come off, with these sometimes even extending down around the testicles. This swelling and bruising gradually improves over the first 6 weeks, although it may take a few months before the skin appears totally normal.

Bandages

There is a rolled Vaseline gauze laying against the graft and held in place by 3 or so blue stitches tied over the roll. Then there is a regular gauze covering the penis held in place by a plastic bandage.

The outer gauze may turn red from blood oozing after the operation. Please enter our postoperative website (coming soon!) and review pictures of how the bandages normally look after surgery if you have a concern.

The outer gauze and plastic bandage will fall off themselves. This can even happen the same day as the operation, but we do not need to replace the bandages, and you do not have to replace it with any bandages or ointments when it comes off.

Sometimes part or all the bandage hangs from the penis before it completely falls off. This does not require any treatment by you, but you can gently remove the last attachments if you would like to.

Infants may poop onto the bandage, with stool sometimes getting under part of the bandage or on the catheter. Please simply wipe it off gently and do not be concerned if you cannot remove it all – infections after surgery are rare, even when there is soilage.
Bandages tend to fall off later in older boys and adults. If they have not come off within a week after surgery please feel free to have the patient soak in a tub of warm water, which will begin to loosen them so that they will fall off or be gently removed without hurting.

The inner bandage with the rolled Vaseline gauze and the stitches will often also fall off at home in active infants and young boys. They generally remain in place in older boys and adults. We recommend this inner bandage be removed 6-7 days after surgery. Our nurse can do this in the office, or a nurse or physician can remove for those living outside North Texas.

Studies indicate hypospadias wounds heal the same whether they are covered with bandages or not, so we encourage you to not be concerned about the bandages, how they look, or when they fall off.

*Early Appearance of the Graft*

When the bandages all come off and the graft can be seen for the first time, many caregivers are concerned about the appearance of the penis and the graft. This is especially true when grafts are taken from inside the lip, as they appear very red. This is normal. During healing - before the 2nd operation - the penis will gradually begin to look quite normal when viewed from the top.

*Ointments*

When the bandages come off you do not need to apply ointments to the wounds.

*Catheters*

We recommend infants and young boys simply have the catheter drain into their diaper or pull up, which you will change as usual when it is wet. We do not use double diapers.

Catheters are held in place only by a blue stitch. Sometimes they fall out early, in which case we do not replace them if the patient urinates without problem or pain. If the catheter is found dangling by the blue string you can cut the string to remove it completely.
Our nurse can remove the catheter in the office, or you can remove it at home. Simply cut one side of the blue stitch and then gently pull the catheter out. This is not painful, but the catheter may be longer than you imagine!

**Bathing**

We recommend sponge baths until the inner bandage is removed or falls off. Older boys and adults can shower and allow the water to run over the bandages.

**Medications**

Infants only need ibuprofen (Motrin or Advil) and Tylenol to control pain after surgery. We recommend you give these on an alternating schedule without waiting to see if he will have pain during the first 48 hours after the operation, meaning you can alternate them. Give the ibuprofen, then 3 hours later the Tylenol, then 3 hours later another dose of ibuprofen, etc.

Older boys/men should also take ibuprofen on a regular schedule for the first 48 hours, alternating with either Hycet/Norco (narcotics that also contain Tylenol) or plain Tylenol.

Older children may also experience bladder spasms, which may cause him to feel the need to urinate from the catheter or cause pain around the bladder and penis, like a muscle cramp. To help with this, you should give ibuprofen and a bladder muscle relaxant named oxybutynin (also called Ditropan). Please give oxybutynin on a regular basis, following the instructions on the bottle, whenever your child is experiencing bladder spasms.

Narcotics and oxybutynin both may cause constipation, so you may wish to increase fruits and vegetables during recovery. If the patient develops constipation, which can make bladder spasms worse, any over-the-counter laxative (such as Miralax) can be used for relief.

Patients who have a catheter will also be given a prescription for an antibiotic to reduce the risk for urinary infection developing. Sometimes this antibiotic will cause diarrhea. Eating yogurt or giving an over-the-counter probiotic (such as Culturelle) may help with this.

**Stitches**
Except for the stitch holding in the catheter, there are no stitches that need to be removed. Don’t worry if you see some stitches on and around the graft. These are normal and will dissolve on their own with time.

**Fever**

Temperatures even as high as over 101°F can be normal the first night after surgery. Fevers and irritability the first few days after surgery may indicate a virus or ear, throat or lung infection. You should call your primary care physician if this occurs.

Wound infections with fever are very unusual after hypospadias repair, and do not occur until about a week after surgery.

**Concerns**

It is rare to have an emergency after hypospadias surgery. Most concerns are not urgent and you can contact the office using the secure patient portal at parcurology.com.

If you believe there is a more urgent matter, please call 214 618 4405.

We encourage you to first review photographs on our postoperative website before calling if you are worried about how the bandages or wounds look.

Please do not go to the emergency room for problems without first calling the office or the surgeon on call for instructions! Doctors in the emergency room are not surgeons and may not know what the wounds should look like after hypospadias repair. We especially do not want non-specialists to try to replace a catheter after hypospadias repair before consulting with us.