

## Your child is having a Hypospadias Repair

### Parents advice leaflet before admission

#### What is Hypospadias?

A condition where the urethra (the hole which your son passes urine from), is not in the correct place at the tip of the penis, it is located further down the underside of the penis.

#### What do I need to bring with my son?

The ward can provide most things for your son but to make his stay more comfortable you could bring:

- A dressing gown and slippers (to walk to theatre in).
- A favourite toy/book/game.

#### What facilities are available for parents?

- A camp bed/chair for parents staying overnight with their child. Please note only **one** parent can stay overnight with their child, but both can visit at **any time**.
- Hospital canteen. (Discount tickets are available for resident parents. Please ask nursing staff for details).
- Parents' room on the ward with facilities to make tea/coffee – please note children are not allowed in the parents' room.
- Parents' toilets/shower on the ward.

Please be aware that due to health and safety issues hot drinks are not permitted on the ward but may be consumed in the parent's room.

#### What will happen when my son comes into hospital?

- Your son will come into hospital either the day before, or on the day of the operation.
- Your son will be allocated a nurse for the day who will answer any questions you have and prepare your son for theatre.
- A doctor will ask you questions about your son's medical history.
- A consultant/registrars will come and explain the operation and take consent for the procedure.
- An anaesthetist will assess if your son is well enough for the operation.

#### Can I go to theatre with my son?

Yes, both parents can walk with the child to theatre but only one parent can go into to anaesthetic room with the child.

#### How long will the operation take?

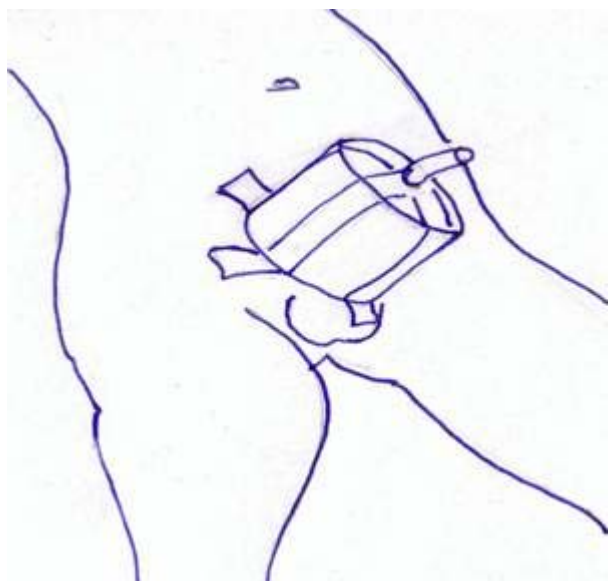
Usually between 2-3 hours but as each child is different, the operation can be shorter or longer.

#### What will happen when the operation has finished?

Your son will wake in a recovery room; he will be looked after by a nurse who will contact the ward when he is ready to be collected. Parents are welcome to accompany the nurse to collect their child from theatre.

#### What will happen when my son is back on the ward?

Your son will return to the ward with a foam dressing and either a catheter or dripping stent to drain urine from the bladder. The nurse will explain how you care for the dressing and catheter/stent before your son goes home. See picture for example of dressing with a catheter/stent.



#### When can my son go home?

Your son can usually be discharged the day of the operation or the following day. The nurse will advise you when to bring



your son back to the ward to have the dressings removed (usually 1 week later).

If you have any other questions before your child's operation, please contact Ward 15 on (0113) 2065715 or (0113) 2065110. A nurse will be able to answer any questions you have.

## **Discharge Advice Following Hypospadias Repair A Guide for Parents**

**Date Discharged.....**

**Date of Dressing Removal.....**

**Time of Dressing Removal.....**

**Please return to Ward 15 for dressing removal on the date and time shown above.**

### **What dressing will my son have?**

Your son will have a silicone foam dressing with either a catheter and drainage bag or a stent dripping into his nappy. A nurse will explain how to care for these before your son is discharged. Please ask if you are unsure of anything.

### **What will happen when my son goes home?**

You will have been shown how to care for the dressing and catheter/stent. You will have been given a date and time to return to the ward for the dressing removal. An outreach nurse will call you, usually within 2 days to check if you have any problems. The outreach nurse can also visit your son if necessary. If you live outside the Leeds area, a community nurse will be contacted and will visit if required.

### **What care will my son need when he goes home?**

- Ø Drinking – Ensuring your son drinks plenty of fluids is important. It helps the catheter/stent drain well and prevents it getting blocked. The catheter/stent should be draining at all times.
- Ø Activities – Your son should mobilise with care when at home and **must not** ride a bicycle or any sit on toys until the area has healed.
- Ø Washing - Your son **must not** have a bath or shower until the day the dressing comes off.
- Ø Nappies – If your son wears nappies, he will have to wear a double nappy whilst he has the dressing in place. To do this you will need to cut a hole in the nappy your son usually wears. This will protect the dressing from becoming soiled and collect the poo. You will then cover this nappy with a larger one which the hospital will provide; this nappy will collect the wee. (Please **do not** use Pampers nappies as they can cause problems with stent drainage).

### **What medication will my son have to take?**

- Ø Paracetamol & Ibuprofen – Pain relief for the first 48-72 hours.
- Ø Trimethoprim/Cephadrine – An antibiotic to help prevent infection.
- Ø Lactulose – A mild laxative to prevent constipation.
- Ø Oxybutynin – To help prevent bladder spasms whilst your son has a catheter/stent.

These medicines will stop once your son's dressings have been removed, unless otherwise directed.

### **When will the dressings be removed?**

Your son will have been given a date to return to the ward for his dressing removal. Please **DO NOT** give your son his Oxybutynin medicine on the morning of his dressing removal. Doing so could cause your son some delay when passing urine, following the catheter/stent removal.

Please **DO** give your son some pain relief before you set off to the hospital. The dressing removal is not particularly painful but can be uncomfortable.

### **What will happen when the dressings are removed?**

Your son will be given a medicine called Midazolam. This acts as a sedative and will make your son sleepy so the dressings can be removed easier and with less discomfort.

He will then be placed in the bath filled to waist level to allow the dressings to be soaked. You will be asked to stay with your son at all times in the bath as the medicine will make him drowsy.

### **When can my son go home following the dressing removal?**

Your son will need to stay on the ward until the sedative medicine has worn off and he is fully awake. Your son must also pass urine before he leaves the ward. It may be helpful if you bring his favourite juice to encourage him to wee.

### **What happens next?**

If he is still in nappies you can wipe yellow soft paraffin (Vaseline) inside the nappy to prevent the wound from sticking.

If he is toilet trained, loose/baggy clothes are advised for 1-2 weeks to prevent the wound sticking to your son's clothes.

When your child is getting a bath do not to use bubble bath until the wound has healed. Bubble bath can cause the wound to sting. Baths should be quick for 2 weeks after the dressing has been removed.

Your son should not go swimming for 3-4 weeks.



Please be aware the wound will look bruised, swollen and sore for a while, this will settle down but can take time.

You will receive an out-patient appointment through the post; this is usually around 6 months following your son's operation.

Your son can go back to school/nursery one week after the dressing has been removed and when you feel he is well enough. He should avoid sitting on toys and P.E for 2-3 weeks.

## **Problem solving whilst at home**

### **Bladder Spasms**

Whilst your son has a catheter/stent, it can cause his bladder to spasm. If this occurs your son may feel a sudden tenseness or pain. The medicine called Oxybutynin is prescribed to try to prevent this. Please ensure it is given regularly as prescribed.

If your son does have a bladder spasm, ensure he has been given some pain relief. If the spasm hasn't stopped after 45 minutes contact Ward 15 for further advice.

### **Catheter/Stent Problems**

A dripping stent should drip continuously and a catheter should drain good amounts of urine. If it stops draining:

- Ø Check if the catheter/stent is blocked/twisted.
- Ø Has your son been drinking good amounts? If not encourage fluids then check again.

If the catheter drains blood stained urine then encourage fluids, it can mean your son isn't drinking enough. If the problem persists for more than 2 hours contact ward 15.

### **Dressing problems**

The foam dressing is designed for comfort and to protect the penis whilst the wound is healing. It is normal to have a small amount of blood on the dressing.

If the dressing becomes soiled, dab away any soiling with a damp cloth.

### **When should I contact the hospital?**

- Ø If there is a lot of bleeding from the dressing.
- Ø The dressing comes off.
- Ø The catheter/stent falls out.
- Ø Your son is in a lot of pain and the pain relief medicine does not appear to be working.
- Ø Your son stops passing urine or the amount gets smaller.
- Ø The wound is oozing or looks red and inflamed.

If you have any other questions, please contact Ward 15 on (0113) 2065715 or (0113) 2065110. A nurse will be able to answer any questions.

