

Department of Pediatric Urology

Caring for your Child at Home after a Meatoplasty/Meatotomy

These are general guidelines to assist you in caring for your child after their meatoplasty. These guidelines are an extra tool to guide you; however, our team remains available to answer any immediate concerns you may have once your child is discharged.

What is a Meatoplasty/Meatotomy?

- A procedure in which the opening at the tip of the penis or the meatus is made larger.

Care for the Surgical Site

- Ensure that the wound and penis are kept as clean as possible. You can gently wash the area with water. Avoid any scrubbing or rubbing.
- Baths are to be given 24 hours after surgery. After which they should be given 1-2 times per day for 10-15 minutes for the first 2 weeks after surgery and Polysporin ointment should be generously applied to the penis after each bath.
 - If your child is still in diapers, Polysporin ointment should be applied with each diaper change for the first 2-3 weeks after surgery
 - If your child is fully toilet trained, Polysporin ointment should be applied at a minimum of 3-4 times per day for the first 2-3 weeks after surgery

****If your child is discharged with a urinary catheter they cannot take a bath until the tube is removed****

- If bleeding occurs use a gauze with Polysporin ointment to apply gentle pressure to the area for 3 to 5 minutes

Pain Management

- Give Tylenol and Advil as needed and as prescribed by your surgeon
- Significant pain is not typical of meatoplasty and the procedure is typically tolerated very well.

Diet

- Progressively increase your child's diet as tolerated 1-2 hours after surgery.
- Starting with clear fluid (water, apple juice, Popsicle, etc.), then soft diet (soup, yogurt, cereal, etc.), then regular diet
- It is important that your child increases their water intake after surgery (urine should be clear like water)

Tube Care

- Your child may be discharged with a urinary catheter to help in healing and emptying your child's bladder after surgery.
- Please refer to the **TUBE CARE document**, provided by your nurse for more detailed instructions on how to care for your child's tube.

Activities

- Quiet activities with close supervision can be resumed on the day of surgery
- May return to physical activity/sports as tolerated
- Your child may return to daycare/school after 2-3 days

When to call our team?

- Pain that does not decrease despite giving prescribed medications
- A fever 38.5°C or higher, 48 hours AFTER surgery
- Persistent drainage or bleeding that does not stop despite 3 to 5 minute pressure

****Do not hesitate to call us if you have any questions or concerns about your child's care at home****

Pediatric Urology Department

Monday – Friday from 9h00 – 17h00
(514) 412-4400 ext. 22875

Pediatric Urology Nurse Practitioner – Sabrina Marchetta

Tuesday – Friday from 7h00 – 17h00
(514) 412-4400 ext. 36376

Any urgent issues outside these hours or on statutory holidays please present to the Emergency Department at the Montreal Children's Hospital