

# Pediatric Urology of Western New York, P.C.

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## Meatoplasty

Meatal Stenosis is an abnormal narrowing of the urethral opening or meatus.

Boys with meatal stenosis often complain of:

- Difficulty aiming their urinary stream into the toilet
- A urinary stream that shoots up, left, right or sprays
- A thin stream
- Long urination
- Post void dribbling

Treatment of meatal stenosis is a surgery called a meatoplasty. This surgery opens or widens the meatus. Absorbable sutures may be placed around the meatus. Often a cystoscopy is done at the same time to inspect the entire urethral tube and ensure no other obstructions. A meatoplasty is an outpatient procedure at the Women and Children's Hospital of Buffalo.

You will be receiving a packet in the mail asking you to call and confirm your son's date and time for surgery. During that phone call, you will receive instructions on when to arrive at the hospital, when to have your child stop eating and when to have them stop drinking.

**Please note:** Do **NOT feed** your child solids **after midnight** the night BEFORE surgery. When you confirm your surgery, you will be told what time your child needs to stop drinking clear liquids (ie: pedialyte, apple juice, white grape juice, or water for older children)

### The day of the procedure:

Please arrive promptly at admissions to check in. Please **make sure your child followed the food and drink restrictions** given to you during your confirmation phone call.

Your son will go to the operating room with Dr. Greenfield or Dr. Williot and have general anesthesia for the procedure. This operation takes approximately 30 minutes. You will be given a pager to notify you when the surgery is done. While your child is in surgery, you can wait in the 2<sup>nd</sup> floor Surgical waiting room. After the meatoplasty, your son will be in the recovery room for about an hour. The doctor will speak with you after the surgery, prior to leaving the recovery room. Your son will then go to a day surgical (T9) hospital room until he fully wakes up and drinks well. You will be discharged later the same day.

### What to expect:

The area will be red and swollen for the first 24 hours. Each day after, the site will look better, as it is healing.

You will notice a few stitches around the meatus, these will dissolve on their own within one month.

There will be some swelling that will fade away slowly over the next few days. With the first couple voids, there may be some stinging with urination. The urinary stream may be a “spray” until the sutures dissolve. May notice some blood or spotting on underwear or when urinating.

### **After Surgery**

**Care: Neosporin or Neomycin/Polymyxin ointment to the suture line and in the meatal opening, multiple times per day for 7 days.**

**Pain Medication:** Tylenol or Motrin can be given for pain.

**Bathing:** Ok to take baths or showers the day after surgery.

**Eating:** Ok to return to their regular diet.

**Activity:** Quiet activities, may resume full activities in 1 week.

**School:** May return to school in 2-4 days, depending on how your son feels.

**When to call:** (716) 878-7393

Do not hesitate to contact us if you have questions regarding your son’s condition or medications.

Please call us immediately if your son has excessive bleeding.

**Follow up appointments:** Your son will need to be seen 2 weeks after his meatoplasty. Please call our office the next business day after surgery to schedule this appointment. (716) 878-7393

### **Return to School/Work Note**

Date of surgery: \_\_\_\_\_

Please excuse \_\_\_\_\_ from school for 2-4 days after the above surgery date. He has had surgery and will also need to be excused from gym for 7 days after the above surgery date.

Thank you.

Dr. Greenfield/Dr. Williot

Pediatric Urology of WNY (716) 878-7393

**CUPID: Center for Urology and Pediatric Incontinence Disorders**

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