

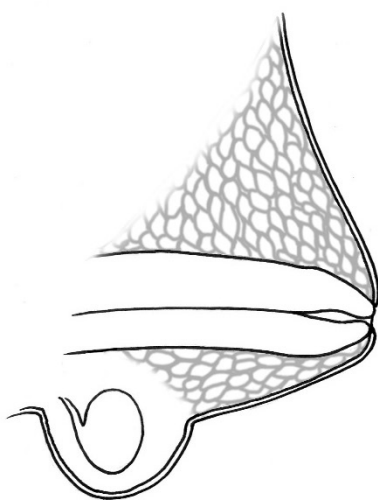
# Buried Penis

## Care After Surgery

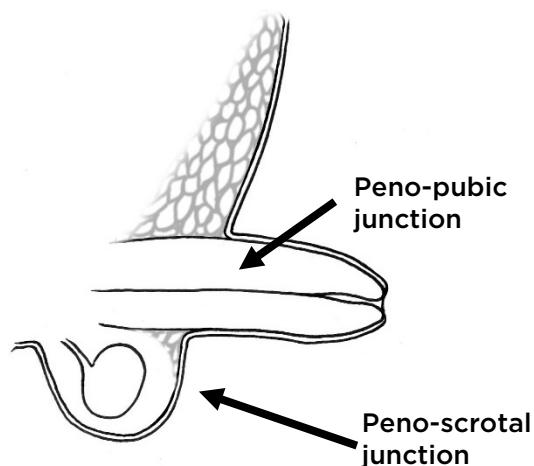
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### What is a buried penis?

- Some babies are born with a buried penis (we call this congenital).
- A buried penis is also called hidden penis, concealed penis, webbed penis or webbed scrotum. When this happens, the penis is partly hidden below the skin.
- The penis is usually normal length but appears shorter. This is because the shaft skin is not attached at the base of the penis and your baby's fat pad surrounds the penis.
- Newborn circumcisions done on babies with buried penis can remove some of the skin on the shaft of the penis, instead of just the foreskin. This makes the penis appear even more hidden and "telescope" inward.



**Buried penis**



**Normal penis OR penis after surgery**

### How is it diagnosed?

- Your child's primary care provider may first notice this and refer you to a pediatric urologist.
- The pediatric urologist will do a simple physical exam to see if your child has a buried penis.

### How is it treated?

- If your child has a mild form of a buried penis and you do not want a circumcision, we may not need to do surgery.
- As your baby gets older and the fat pad disappears, the penis may stick out more (become more prominent).

#### To Learn More

- Urology  
206-987-2509
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

#### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

- If you desire a circumcision and the doctor finds a buried penis, they will recommend doing the procedure in an operating room (not at the clinic) at the same time we repair the buried penis.
- Repairing a buried penis includes tacking (suturing) the skin down at the base of the penis. This will cause the peno-pubic and peno-scrotal junctions to be more defined.
- If your baby was already circumcised, the surgery may be more involved and use skin or tissue from other parts of the body.

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### When is the best time for this surgery?

We recommend surgery for babies:

- When they are at least 6 months old but
- Before your child is potty trained and becomes more aware of their genitals.

Babies tend to recover faster than older children from surgery.

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### After surgery

#### Where can I watch videos that explain how to care for my child after surgery?

We created videos to explain how to care for your child after surgery. You can search for these titles on YouTube. You may need to login due to age restrictions.

- “How to Care for Your Child After Urologic Surgery”  
[youtube.com/watch?v=epLQn5D62wk](https://www.youtube.com/watch?v=epLQn5D62wk)



- “How to Care for Your Child After Penile Surgery”  
[youtube.com/watch?v=ppZeEKY848M](https://www.youtube.com/watch?v=ppZeEKY848M)



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#### When can my child eat?



- Start with a light diet.
- It is common for children to feel sick to their stomach (have nausea) and throw up (vomit) after surgery. Slowly give your child clear liquids to help.
- When fully awake, your child may have clear liquids like 7UP, Jell-O, Popsicles and apple juice.
- If your child is not sick to their stomach or throwing up and is fully awake, start their regular diet.

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#### How do I care for the surgery site?



- Expect swelling, bruising, and yellow film for up to 2 months.
- Your urologist will give you instructions on bathing and dressing care at the time of surgery.

### Can my child take a bath, shower, swim or get wet?



- It is ok to sponge bathe your child after surgery. Avoid showers and baths for 48 hours (2 days) after surgery.
- It is ok for showers or baths after 2 days, but do not soak for longer than 10 minutes.
- It is ok to rinse off poop even if it is before the 2-day bath cutoff.
- No swimming in large bodies of water for 2 weeks (pools, rivers, lakes or oceans).

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### How do I care for the dressing (if used)?

Your child has 1 of 2 types of dressing:

- Clear dressing:** this will fall off on its own some time from 2 to 10 days after surgery. You do not need to remove this.
- White dressing:** remove this 2 days after surgery at home. The bandage (dressing) helps to reduce the risk of bleeding and swelling.
  - If the dressing becomes very dirty with poop (stool) that cannot be wiped off, it is ok to rinse off poop even if it is less than 48 hours after surgery.
  - If the dressing falls off early, do not replace it.

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### To remove the white dressing:

1. Have your child sit in a warm bath for about 10 minutes. This helps loosen the dressing and makes it easier to remove.
2. If the bandage is not loosening, have your child sit in the bath for another 10 to 20 minutes.
3. If the dressing is still not coming off easily or seems to be stuck, apply 1 cup of oil (corn, vegetable, olive or baby oil) directly on the penis. Allow this to soak in for 20 minutes and then remove the dressing.

If the dressing is still not coming off, call the Urology clinic for more tips.

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### Tips for using petroleum jelly (Vaseline)

- Wash your hands first.
  - Use a moderate to large amount each time.
  - Do not use antibiotic ointment instead of the petroleum jelly.
  - If your child is in diapers, apply it at every diaper change. If your child uses the toilet, apply it 3 to 4 times a day and as needed.
  - Use the petroleum jelly for 2 weeks or until the area is completely healed.
  - Put the petroleum jelly on with your clean finger or cotton swab.
  - Push back the area around the penis (suprapubic fat pad) if needed so that the petroleum jelly covers the entire penis.
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### How much activity can my child do?

#### If your child is younger than 2 years of age:



- Watch your child closely on the day of the surgery.
- Most children will return to regular activity a day or two after surgery.

- Younger children will limit their own crawling, walking and activities.
- Car seats and stroller straps are safe. Use as instructed by the manufacturer.
- Avoid any straddle activities with your child that would increase pressure between the legs for 2 weeks.
- Do not:
  - Hold your child on your hip
  - Bounce your child on your knee
  - Use baby-wearing devices
  - Use bouncer toys that have a harness

#### If your child is 2 years of age or older:



- Avoid strenuous activities, rough-housing or activities that involve straddle-activity. A good rule of thumb is to keep both of your child's feet on the ground for 2 weeks.
- **Do not let your child do the following for 2 weeks after surgery:**
  - Jungle-gyms/climbing
  - Gym class
  - Bicycle/tricycles
  - After-school sports

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### Will my child have pain after surgery?

- After surgery, your child will likely feel pain in the groin.
- We partner with you and your child to relieve pain as much as possible. You know your child best. We encourage you to take an active part in your child's recovery. No matter the level of your child's pain, believe they are hurting and respond right away.
- Your child should feel better the next day.

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### How do I manage my child's pain?



- Effective pain control will help your child feel better and heal faster. Start by giving your child acetaminophen (Tylenol) alternating every 3 hours with ibuprofen (Advil or Motrin) for the first 2 days after surgery and then you will use it as needed. Check with the healthcare provider first before giving any type of medicine to your child.
- If your child's healthcare provider prescribed an opioid medicine for pain, use this if the acetaminophen or ibuprofen does not help relieve pain.
- Tylenol and prescription pain medicine may not be safe to use at the same time. Check with your healthcare provider or pharmacy.
- In addition to medicine for pain, you can also help your child cope by distracting them with music, games, books, TV or videos.

### How do I dispose of leftover opioid pain medication?

- To keep your family safe, store medicines inside a locked cabinet or location where others cannot easily get to them. Once your child has recovered from surgery, dispose of all unused prescription medicines.
- Taking leftover pain or other medicines, on purpose or by accident, can be very dangerous.
- For more information about safe disposal of unused opioid medicine, read our handout “Safe Use and Disposal of Opioid Medicines” ([seattlechildrens.org/pdf/PE3140.pdf](https://seattlechildrens.org/pdf/PE3140.pdf)) or visit [takebackyourmeds.org](https://takebackyourmeds.org) to find a take-back place near you.

### When can my child return to school?

Your child may return to school when they no longer need opioid pain medicine or frequent daytime over-the-counter pain medications. Keep in mind the school nurse will need to be comfortable with putting the petroleum jelly on your child’s penis or your child will need to do it.

### When do I call?



Monday to Friday, call the Urology Clinic at **206-987-2509** for questions or any of the concerns listed below. Send MyChart messages for non-urgent questions.

Nights, weekends and holidays, call **206-987-2000** and ask for the urology resident on call for urgent concerns from the following list:

- Blood-soaked diaper or underwear - apply pressure for 5 minutes if actively bleeding and call the Emergency Department at **206-987-2222**.
- Redness, discoloration, bruising, swelling or discharge (fluid) from the wound
- Rapid swelling or bleeding at the site of surgery
- Severe, constant pain not controlled by the medicine prescribed
- Fever higher than 101.5° F (38.6° C) for more than 24 hours
- Cannot pee for a span of 8 hours after surgery
- Throwing up (vomiting) 4 or more times in 12 hours