

阴茎手术

术后护理

术后照料孩子的说明

我的孩子接受了哪一种类型的手术？

- 切除与阴茎头相连的皮肤（阴茎粘连松解术）
- 尿道开口（尿道切开术/尿道成形术）
- 切除包皮（包皮环切术）
- 隐匿性阴茎修复
- 阴茎弯曲矫正（阴茎成角度）
- 阴茎向下弯曲矫正（阴茎下弯）
- 阴茎囊肿切除
- 其他 _____

我的孩子何时可以回家？

大多数孩子在手术当天回家。如果您的孩子患有其他疾病，可能需要住院。

我在哪里可以观看解释如何在术后照料我的孩子的视频？

我们制作了解释如何在术后照料您的孩子的视频。您可以在 YouTube 上搜索这些标题。由于年龄限制，您可能需要登录。

- “泌尿外科手术后如何照料您的孩子”
[youtube.com/watch?v=epLQn5D62wk](https://www.youtube.com/watch?v=epLQn5D62wk)



- “阴茎手术后如何照料您的孩子”
[youtube.com/watch?v=ppZeEKY848M](https://www.youtube.com/watch?v=ppZeEKY848M)



我如何护理手术部位？



- 在手术部位看到少量出血是正常的。您可以对该部位轻轻施压，直到出血停止长达 5 分钟。
- 预期会在阴茎上出现黄色的膜，这是阴茎在愈合时的正常现象。
- 从手术当天开始，将凡士林涂抹在阴茎的手术部位，这样会在阴茎愈合时保护阴茎。
- 每次使用适量至大量凡士林。
- 用手指或棉签涂抹凡士林。
 - 如果是穿尿布的孩子：接下来两周内每次更换尿布时都要涂抹
 - 如果是不穿尿布的孩子：接下来的两周内每天涂抹 3-4 次

第1页 / 共 3页

了解进一步详情

- 泌尿科
206-987-2509
- 请向您的孩子的医疗保健提供者洽询
- seattlechildrens.org

免费口译服务

- 请在医院内向护士询问。
- 在医院外，请拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。

我的孩子何时可以洗澡和游泳？



请为您的孩子按照以下带有 的提示做。

- 如果大便沾到伤口上，您可以将孩子短暂地放入浴盆内，将大便从伤口上冲洗掉。如果出现这种情况，您无需去除敷料。绷带弄脏是预料中的，无需取下敷料。
- 除非外科医生告诉您不可以这样做，否则您的孩子可以洗淋浴或盆浴或游泳。
- 在外科医生告诉您可以洗淋浴和盆浴之前，您的孩子只能擦海绵浴。
- 您的孩子在两天后可以洗淋浴或盆浴。您的孩子可以在两周后游泳。

我如何护理敷料？

请为您的孩子按照以下带有 的提示做。

您的孩子有以下两种敷料中的一种：

- 透明敷料：**这种敷料会在术后 2-14 天内自行脱落。您无需取下。
- 白色敷料：**手术两天后在家中取下敷料。如果敷料提早脱落，不要更换敷料。

我如何取下敷料？

- 让您的孩子在温水浴盆中坐约 10 分钟，这有助于使敷料松开，并更容易取下。如果绷带没有松动，让孩子在浴盆中再坐 10 到 20 分钟。
- 如果敷料仍然不易脱落或黏住，将 1 杯油（玉米油、蔬菜油、橄榄油或婴儿油）直接涂抹在阴茎上。让油浸泡 20 分钟，然后取下敷料。
- 如果敷料仍未脱落，打电话给泌尿科，获取更多提示。

我的孩子的运动量可以有多大？



请为您的孩子按照以下带有 的提示做。

- 正常活动
- 在两周内不要让您的孩子进行任何会增加双腿间压力的跨骑活动，这包括：
 - 将孩子跨抱在您的臀部上
 - 让孩子在您的膝盖上弹跳
 - 使用婴儿背带
 - 使用有安全带的弹跳车玩具
 - 双轮自行车、三轮车或骑行玩具
 - **可以使用汽车座椅和高脚椅。**
- 在两周天内避免剧烈玩耍、攀爬、有身体接触的运动和上体育课。指导原则是让您的孩子保持双脚着地，直至伤口愈合。
- 当您的孩子不再需要服用处方止痛药或在日间频繁地服用非处方止痛药时，您的孩子可以返回托儿所或学校。请向学校询问孩子所在学校是否愿意为您的孩子在阴茎上涂抹凡士林，或者您的孩子需要能够自己涂抹。

我的孩子会感到疼痛吗？



- 术后您的孩子可能会感到阴茎痛。我们与您的孩子合作，尽可能完全减轻疼痛。无论孩子的疼痛程度如何，都要相信他们正在经历疼痛，并立即做出反应。
- 有效的疼痛控制将帮助您的孩子感觉更好并更快愈合。对乙酰氨基酚（Tylenol）、布洛芬（Advil 或 Motrin）或这两种药是常用的止痛药。可能会为年龄较大的孩子开羟考酮（oxycodone）。在让孩子服用任何类型的药物前，请向医疗保健提供者咨询。
- 随着时间的推移，疼痛会逐渐好转，对于大多数孩子来说，通常是在第一天后疼痛会好转。除了止痛药，您还可以通过音乐、游戏、电视或视频分散孩子的注意力，帮助孩子应对疼痛。
- 如需了解更多信息，请查阅我们的手册《急性疼痛》。
seattlechildrens.org/pdf/PE503SC.pdf

我如何处理未服用的药？

为确保您的家人安全，请将药物存放在上锁的柜子内或其他人无法轻易拿到的地方。一旦您的孩子术后已恢复，请处理掉所有未服用的处方药。

有意或无意服用剩余的止痛药或其他药物可能非常危险。有关安全处理未使用的阿片类药物的更多信息，请查阅我们的手册《阿片类药物的安全使用和处理》（seattlechildrens.org/pdf/PE3140.pdf），或访问网站 takebackyourmeds.org，查找您附近的回收点。

我何时应当打电话？



如有下列任何问题或担忧，请于星期一至星期五打电话给泌尿诊所，电话号码 **206-987-2509**。如果是非紧急问题，请发短信至 MyChart。

夜间、周末和节假日，请拨打电话号码 **206-987-2000**，请按照下表要求接通泌尿科值班住院医师：

- 体温超过华氏 101.5°F（摄氏 38.6°C）
- 红肿向上扩散到胃部
- 在施压 5 分钟后无法止血
- 处方药无法控制疼痛
- 手术 8 小时后无法排便
- 呕吐

Penile Surgery

Care After Surgery

Steps for caring for your child after their surgery or procedure

What type of surgery did my child have?

- Removal of skin connected to head of penis (lysis of penile adhesions)
- Opening of the urethra (meatotomy / meatoplasty)
- Removal of foreskin (circumcision)
- Buried penis repair
- Correction of bent penis (penile angulation)
- Correction of downward curve in penis (chordee)
- Penile cyst removal (excision)
- Other _____

When can my child go home?

Most children go home the day of surgery. If your child has another medical condition, they may need to stay overnight.

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)



How do I care for the surgery site?



- It is normal to see a small amount of bleeding at the surgical site. You can apply gentle pressure to the area until the bleeding stops for up to 5 minutes.
- You can expect a yellow film on the penis. This is normal as it heals.
- Starting the day of surgery, put petroleum jelly (Vaseline) over the surgical site on the penis. It will keep the penis protected while it heals.
- Use a moderate to large amount of petroleum jelly each time.
- Put the petroleum jelly on with your finger or a cotton swab.
 - For children in diapers: do this at every diaper change for the next 2 weeks
 - For children not in diapers: do this 3-4 times a day for the next 2 weeks

1 of 3

To Learn More

- Urology
206-987-2509
- Ask your child’s healthcare provider
- [seattlechildrens.org](https://www.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.



When can my child take a bath and swim?



Follow the tips with a check below for your child.

- You can briefly place your child in the bathtub to rinse off the wound if poop gets onto it. You do not need to remove the dressing if this happens. Staining on the bandage can be expected. There is no need to take the dressing off.
- Your child can take a shower or bath and go swimming unless your surgeon tells you not to.
- Your child may have a sponge-bath only until their surgeon tells you showers and baths are ok.
- Your child may shower or take a bath after 2 days. Your child may swim after 2 weeks.

How do I care for the dressing?

Follow the tips with a check below for your child.

Your child has 1 of 2 types of dressing:

- Clear dressing:** this will fall off on its own some time from 2 to 14 days after surgery. You do not need to remove this.
- White dressing:** remove this 2 days after surgery at home. If the dressing falls off early, do not replace it.

How do I remove the white dressing?

- Have your child sit in a warm bath or shower for about 10 minutes. This will loosen the dressing to make it easier to remove. If the bandage is not loosening, have your child sit in the bath for 10 to 20 more minutes.
- If the dressing is still not coming off easily or is stuck, put 1 cup of oil (corn, vegetable, olive or baby oil) 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 office for more tips.

How much activity can my child do?



Follow the tips with a check below for your child.

- Normal activity
- Avoid any straddle activities with your child that increase pressure between their legs for 2 weeks. This includes:
 - Holding your child on your hip
 - Bouncing your child on your knee
 - Baby-wearing devices
 - Bouncer toys that have a harness
 - Bicycles, tricycles or ride on toys
 - **It is ok to use car seats and highchairs.**
- Avoid rough play, climbing, contact sports and gym class for 2 weeks. Have your child keep both feet on the ground as a guideline until they are done healing.
- Your child may return to daycare or school when they no longer need prescription pain medicine or frequent daytime over-the-counter pain medications. Check if your child's school is comfortable with putting the petroleum jelly on your child's penis or your child will need to be able to do this on their own.



Will my child have pain?



- After surgery, your child may feel pain on the penis. We partner with you and your child to relieve pain as completely as possible. No matter the level of your child's pain, believe they are hurting and respond right away.
- Effective pain control will help your child feel better and heal faster. Acetaminophen (Tylenol), ibuprofen (Advil or Motrin) or both are common medicines to treat pain. Older children may receive oxycodone. Check with your healthcare provider first before giving any type of medicine to your child.
- The pain will get better as time passes, usually after the first day for most children. In addition to medicine, you can also help your child cope by distracting them with music, games, TV or videos.
- For more information, read our handout "Acute Pain".
seattlechildrens.org/pdf/PE503.pdf

How do I dispose of unused 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 medications, read our handout "Safe Use and Disposal of Opioid Medicines" at seattlechildrens.org/pdf/PE3140.pdf or visit takebackyourmeds.org to find a take back place near you.

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:

- Fever higher than 101.5° F (38.6° C)
- Redness and swelling that spreads up into the stomach area
- Bleeding that cannot be stopped after 5 minutes of applied pressure
- Your child has pain not controlled by the medicine prescribed
- Cannot pee for a span of 8 hours after surgery
- Throwing up (vomiting)