

Vesicostomy

Care After Surgery

This handout explains what to expect if your child needs this surgery.

What is a vesicostomy?

The vesicostomy (vess-i-COSS-tom-ee) surgery makes an opening from the bladder to the outside of your child's body (stoma). This opening is in the belly (abdomen), just below the belly button (navel). It allows pee (urine) to drain if it doesn't leave the bladder normally. The urine will drain into your child's diaper. A vesicostomy is a temporary treatment.

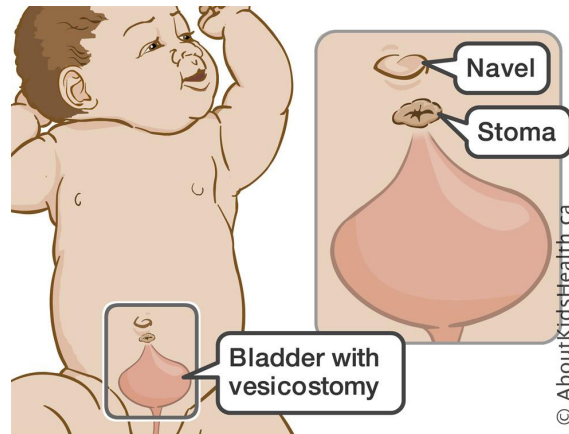


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Why have a vesicostomy?

A vesicostomy helps children who have a bladder that does not empty well on its own or who have other kidney malformations. A vesicostomy also helps children who have frequent urinary tract infections (UTIs) or kidney diseases.

When will my child be able to go home?

Your child may spend 1 to a few nights in the hospital after surgery.

How do I care for the surgery site?



- Urine will drain constantly from the vesicostomy. The skin around the vesicostomy will need time to adjust to having urine on the skin of the lower abdomen. In the beginning, the skin around the vesicostomy may become red, darker, or sore, much like a diaper rash. Apply Desitin ointment or petroleum jelly (Vaseline) on the skin around the vesicostomy opening 4 times a day for the 2 weeks after surgery. Then apply as needed for signs of red, darker, or sore skin.
- Sometimes, the opening of the vesicostomy may slowly close. If the vesicostomy gets smaller, your care team may teach you how to gently

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To Learn More

- Urology
206-987-2509
- Ask your child's healthcare provider
- seattlechildrens.org/patient-education

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.



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stretch (dilate) the opening to keep it from becoming smaller. You will insert a urinary catheter 1 to 2 times a day to dilate the vesicostomy opening.

- On occasion, the vesicostomy may prolapse. This means that inside tissues may come to the surface of the vesicostomy site. This may make the opening of the vesicostomy appear larger.
- You may see blood in the urine for up to 4 weeks after surgery. Blood in the urine is called “hematuria.” Hematuria will go away as the area heals.

When can my child eat?



- **For newborns:** Start by feeding your child their regular diet right after surgery.
- **For older children:** When your child is fully awake, you can give clear liquids like 7UP, Jell-O, Popsicles and apple juice.
- It is common for children to feel sick to their stomach (have nausea) and throw up (vomit) after surgery. If this happens, only give your child a small amount of clear liquids at a time.
- If your child is not sick to their stomach or throwing up and is fully awake, start their regular diet.

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.
- No swimming for 2 weeks.

How much activity can my child do?

Watch your child closely on the day of the surgery. Follow the steps below based on your child’s age.

If your child is younger than 2 years old



- Younger children will limit their own crawling, walking and activities.
- Car seats and stroller straps are safe. Use as instructed by the manufacturer.

If your child is 2 years of age or older



- Avoid strenuous activities, rough play or activities that involve straddle-activity. A good guideline for your child is to keep “both feet on the ground” for 2 weeks.
- **For 2 weeks, NO:**
 - Jungle-gyms and climbing
 - Gym class
 - Bikes and trikes
 - After-school sports

When can my child return to school?

Your child may return to school when they no longer need frequent daytime over-the-counter pain medicine. Keep in mind the school nurse/staff will need to be comfortable with the care of the vesicostomy.

Will my child have pain?

- After a surgery your child is likely to have some pain and discomfort at the vesicostomy site.
 - You know your child best. We encourage you to take an active part in your child's recovery by talking with your care team about options for your child.
 - We partner with you and your child to prevent and relieve pain as completely as possible. In addition to medicine prescribed for pain, we will work with you to create a plan that encourages coping activities to treat pain and provide support.
 - No matter the level of your child's pain, we join you to assess and respond right away. We encourage you to speak up if you are concerned. Help your child get better, faster with good pain treatment.
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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) for more than 24 hours
- Changes in the color of skin (red or darker skin) and swelling that spreads up into the stomach area
- Bleeding that cannot be stopped after you have applied pressure for 5 minutes
- Your child has pain that can't be controlled by the medicine prescribed
- Cannot pee for a span of 8 hours after surgery
- Vomiting 4 or more times in 12 hours