



## UROLOGY OF CENTRAL TEXAS

### Open Pyeloplasty Post-Operative Care

#### Activity Restrictions

For the first one or two days following surgery, your child may not feel like being very active. For 2-4 weeks after surgery, your child should not be allowed to participate in any strenuous activity, including heavy lifting, contact sports and gym class. No swimming for 2 weeks after the procedure.

#### Diet

Before your child is discharged from the hospital, they should be able to drink clear liquids and keep them down without vomiting. Once your child can drink liquids, you may add progressively to his diet with:

1. A full liquid or "light" meal, which may include toast, crackers, soup or gelatin
2. Regular meals if your child tolerates the above

If your child vomits, wait approximately 45 minutes and start this process over with sips of clear liquids. Gradually increase the amount of clear liquids. When your child can tolerate them, follow the guidelines above.

#### Care Of the Incision

Your child will have surgical glue over the incision(s); this does not need to be removed and will peel off on its own. Please notify our office if the wounds or incisions begin to look infected (you may notice unusual redness or a discharge) or if the swelling becomes excessive.

Signs of infection include:

- Fever
- Excessive redness or swelling
- Any pus-like drainage from the incision

#### Post-Operative Expectations

During surgery, your child may have a stent inserted; if so, they may experience the urge to urinate more frequently. This is normal and likely from stent irritation to the bladder. Your child may also experience kidney soreness or aching on the affected side. You should expect the urine to be pink or blood-tinged with small clots. This may continue while the stent is in place. Your child may have burning and/or pain when they urinate. If they have trouble urinating, place them in a warm bath and encourage them to drink water.



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### Bathing And Showering

**You may bathe or shower your child 48 hours after surgery.** Until then, give your child sponge baths and avoid the incision site. Once you start bathing or showering, do not aggressively scrub the surgical area. Gently wash around the incisions and pat that area dry after bathing. For children in diapers, if stool gets on the incision/dressing/catheter, wring out a wet, soapy towel over the area then pat to clean and dry.

### Pain

You will be given a prescription for Tylenol with Hydrocodone (Hycet or Norco) if appropriate. If a narcotic pain medication is provided, most children will only need it for 1-3 days following surgery. Narcotic pain medication can cause constipation, so this should be monitored. If your child is experiencing constipation, please begin Miralax, 1 capful daily or twice daily until soft daily bowel movements resume. If this is not successful, notify our office. If your child is exclusively breastfeeding, you can use an over-the-counter suppository to help with constipation.

Starting the day after surgery, you may alternate **Children's Tylenol and Motrin** as directed on the package. Other medications may be prescribed by your doctor, who will explain how to use them. **\*\*DO NOT use Children's Tylenol and Hycet or Norco together (use one OR the other), as this can lead to an overdose of Tylenol.**

### Other Medications

If your child has a stent in place after surgery, two other medications may be prescribed:

1. An antibiotic. Please give this medication as prescribed.
2. A medicine for bladder spasms (Ditropan or Oxybutynin). Sometimes, the stent irritates the bladder and causes brief episodes of pain/spasms. If this occurs, please use the medication prescribed every 6-12 hours as needed. Constipation is a common side effect of this medication.

### Follow-Up

Your child will have a surgical follow-up in 4-6 weeks for a post-operative evaluation unless specified otherwise. Your doctor may order an ultrasound for this visit. If you do not have an appointment already scheduled, please call our office to arrange it.

### When To Call the Office

- Fever more than 101.5°F
- Your child is unable to urinate
- There is active (dripping) bleeding from the surgery site
- Your child cannot keep liquids down (vomiting)
- Your child is in pain despite the use of recommended medications
- You have other questions/concerns



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If you have any questions or concerns **during regular business hours**, please do not hesitate to call the urology nurse at 512-472-6134 extension 103.

**During non-business hours**, please call 512-406-3112 and ask to speak to the urologist on call.