

HOME CARE INSTRUCTIONS

ENDOSCOPIC SURGERY **CYSTOSCOPY, DEFLUX, URETEROSCOPY** **Treatment of Urethral Stricture or Valves**

- **What to expect:** Your child may have some irritation when urinating lasting several days. There may be some blood in the urine. It is OK if urine is pink or light red. If the urine is dark red, thick with blood, or has large clots, then call the doctor's office.
- **Wound care:** Apply Neosporin Plus Pain Relief and/or Oragel anesthetic (generic ok) to urethral meatus to calm the pain with urination. If there is a catheter, use the ointment around the catheter several times a day to keep it lubricated and less painful.
- **Catheter care:** *If there is a catheter*, the nurse will teach you how to take care of it. Empty the bag regularly. It is normal to see some blood and blood clots in the catheter. If the bleeding seems to be getting worse or the catheter seems to be plugged by blood clots, call our office during business hours or go to the Emergency Room.
- **Bathing:** You may bathe your child normally in the tub *if there is no catheter*. If there is a catheter, sponge bath only until catheter is removed. In either case, rinse off the area well if stool gets on it.
- **Feeding:** Same as before procedure. Avoid constipation. Drink plenty of fluids.
- **Activity:** Avoid straddling, rough play, or heavy lifting 2-4weeks. Use safety seat when traveling in car.
- **Medications:** Follow the doctor's instructions on the prescription.
- **Urination:** If unable to urinate, first try placing your child in a tub with warm water and allow your child to urinate in the tub. Often they are just afraid to urinate because it hurts. If this is not effective and the bladder seems distended, call the office.

Call our office IMMEDIATELY if:

(The following apply to recent circumcisions)

- Your child develops a fever of 101.5°F by mouth or 102.5°F by rectum or higher.
- Urinating only in drops or unable to urinate at all.
- There is persistent thick bleeding in the urine.
- Your child seems to be ill or has increased pain.

Call your son's Doctor during regular office hours if you have other questions or concerns.

Revised: March 20, 2014