



Child's Name _____

Surgery Date _____

Pyeloplasty

Discharge Instructions for Home

Your child will stay in the hospital 1-3 days after surgery, depending on what type of repair he/she has had and how quickly he/she recovers.

How do I take care of the wounds?

- If your child undergoes a robotic or laparoscopic procedure, there will be multiple small incisions on the abdomen. The incisions will be covered with skin glue. The skin glue will fall off on its own. If an open procedure is performed, there will be one incision on the side covered with a dressing.
- Your doctor will tell you if any dressings on the incisions should be changed.
- Your child may take a sponge bath or shower after 2 days. Your child can take a tub bath after 5 days.

What will drain the urine (pee) after surgery?

- While your child is in the hospital, he or she will have a Foley catheter in the bladder. This catheter will drain the urine. This helps the doctors closely monitor your child's urine production and allows the bladder to rest. This is usually removed on the day after surgery.
- A stent may be left in place to temporarily drain urine from the ureter for the first several weeks after surgery. This tube is inside the body and cannot be seen. It will be removed in the operating room by your doctor 4-8 weeks after the surgery. While the stent is in place you may see blood in your child's urine. This is not worrisome unless there are large blood clots or increased pain. Also, the stent can cause burning with urination, bladder spasms (the feeling of the frequent urge to urinate associated with pain), or pain in the side or back.

What may my child eat after surgery?

- Your child can begin eating after the surgery. Start with clear liquids (popsicles, gelatin, apple juice). Add small amounts of solid food slowly. Your child might vomit from the anesthesia (sleeping medication) on the day of the surgery. This should stop by the next day. If your child has persistent nausea or vomiting that lasts more than 24 hours after surgery, you should call our office. Your child's appetite may not be normal for up to 7 days.

How much activity can my child do after surgery?

After Open Surgery

- No gym class, recess, or swimming for 2-4 weeks (your surgeon will clarify the time frame).
- No contact sports for 4 weeks.
- Normal activities may be resumed after 4 weeks unless directed differently by your doctor.

After laparoscopic or robotic surgery:

- No gym class, recess, or swimming for 2 weeks.
- No contact sports for 2 weeks.
- Normal activities after 1 week. If there is increased pain with activity, slow down and rest.

When can my child return to school?

- Your child may return to school when no longer requiring narcotic pain medications or frequent daytime over-the-counter pain medications.

Will my child have pain?

- After surgery, your child will have postoperative discomfort. This is normal. Over time, the body will heal itself and the pain will go away.
- Effective pain control will help your child feel better and heal faster. We encourage you to take an active part in your child's recovery. You know your child best.

What medicines can help relieve my child's pain?

- Your child will receive pain medicine while in the hospital and go home with the same pain control plan that worked for them there.

- If your child is only slightly uncomfortable you can give plain Acetaminophen (Tylenol).
- You will be directed by your doctor whether your child can take non-steroidal anti-inflammatory medications, such as aspirin or ibuprofen (Motrin, Advil).
- Opioid medications are stronger medications for pain. They include medications like oxycodone or hydrocodone. Your child may need an opioid medication during the first 1-2 days, which is when the pain is worst.
- If your child is taking opioids, we want them to get the least amount needed to keep them comfortable. To do this, it is good to use non-opioid medicine at the same time.
- Opioid medication may cause stomach pain or nausea. It should be given with some food.
- If a stent is in place your child may experience bladder spasms. They may appear restless and have sudden crying spells that are not helped by pain medication. Your surgeon may prescribe a medication called oxybutynin (Ditropan) to treat these bladder spasms. Oxybutynin (Ditropan) can also cause constipation so it is important to encourage fluids and foods high in fiber (fruits, vegetables, whole grains) when your child is able to tolerate. Other common side effects of the medication include dry mouth, dizziness, facial flushing, and headache (encourage fluids to help with these side effects).

What other techniques can I use to help my child's pain?

- In addition to medication, there are other important ways to relieve pain.
- *Distraction*: Take attention away from the pain by guiding your child's imagination through storytelling or by watching TV or movies, blowing bubbles, and/or reading a favorite book.
- *Comforting touch*: Comfort your child in ways that work best for them. Hold, cuddle, swaddle, massage, or rock your child.
- *Ice or heat*: Using ice wrapped in a cloth may ease some pain. Heat is useful for muscle pain and general relaxation. Use a warm heated microwave beanbag, hot water bottle or warm bath once allowed to bath.
- *Positioning*: Allow your child to remain in a position that is comfortable for them.
 - Cradle your baby.
 - Let your older child choose the position.
- *Preparation*: Use honest language and do not tell your child "it won't hurt."

When should I follow up?

- A follow up appointment will be scheduled for 1-4 weeks after surgery.
- If your follow up has not been scheduled or you do not know the time, please call our office at **860-545-9395**.

When should I call a doctor?

If your child is having any problems during the day (8:30am-4:30pm Monday – Friday), call our office at **860-545-9395** and ask for the nurse. After hours, call **860-545-9000** and ask the operator for Urology. Call us if your child has any of these warning signs:

- Signs of infection: spreading redness or discharge from the incision, bleeding, or fever greater than 101.5°F.
- Significant bleeding: rapid swelling or bleeding at the surgery site
- Uncontrolled pain
- Problems after anesthesia: nausea or vomiting that will not stop, noisy breathing, refusing to drink more than 8 hours after leaving the hospital.
- Any other questions or any other medical concerns.

Urology Clinic: 860-545-9395
Urology Surgery Scheduler: 860-545-9674
Main Hospital Number: 860-545-9000