

## Meatal Stenosis/Meatotomy

### What is meatal stenosis?

Meatal stenosis is when the hole where urine comes out of the penis is too small or narrow for urine to pass. It causes a blockage or pinching that makes the urine stream spray in different directions. It looks like a water spray when you put your finger over the tip of a garden hose. It may also cause problems urinating or penis pain.

### How is it treated?

In clinic a procedure called a meatotomy can be done to make the hole bigger. A numbing cream is applied to the area. It is covered with a clear dressing. This stays on for 30-45 minutes. A small cut is made in the hole to make it the correct size. The numbing cream wears off in 2-4 hours. Healing takes 1 to 2 weeks.

### What to Expect

- Your child may have some pain, tenderness, and swelling at the incision site. Give your child Tylenol® as needed for pain.
- You will be given triple antibiotic ointment to apply to the incision site. Apply the ointment 3 times a day for 1 week at home. This helps keep the opening from closing and your child's underwear from sticking to his penis during healing. You will be shown how to do this before you go home.
- The first time your child urinates may be hard. Some children complain of burning or pain. It will

get better the more your child urinates. Your child can take part in normal activity as he is able.

- Your child may shower or bathe.

### When to Call Your Child's Doctor

- Fever greater than 101.5° F for 2 readings taken 4 hours apart
- Severe pain that doesn't go away with pain medicine
- Increased drainage, bleeding or redness (some is normal) from the incision
- Has trouble urinating
- Any other problems

### Follow-Up Care

- Your child should return for a follow up appointment if symptoms come back.
- Unless you have been told otherwise your child's nurse will call you in 4-6 weeks.

### Phone Numbers

Pediatric Urology Clinic: Mon-Fri 8:00am-4:30pm, **608-263-6420**.

After hours, weekends or holidays, a paging operator will answer. Ask for Pediatric Urology Resident on call. Leave your name and phone number with the area code. The doctor will call you back. If you live out of the area, please call **1-800-323-8942**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2019. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6771