

## Meatoplasty For Meatal Stenosis

### What is meatal stenosis?

Meatal stenosis occurs when the opening of the urethra, where urine comes out of the penis, is too small or narrow for urine to pass. Extra skin blocks or pinches the urine stream causing it to spray in many directions. This happens the same way placing your finger over the tip of a garden hose causes the water to spray.

### How is it treated?

A simple, brief procedure called a meatoplasty will make the opening larger. This will be done as an outpatient. Your child may have sedation or brief general anesthesia. We will discuss the options with you and your child. The surgeon will then make a cut into the opening to make it larger.

### What to Expect

Your child will have stitches around the urethra. Urine may spray until most of the stitches dissolve, in about 1-2 weeks, but up to 90 days. Your child may sit down to urinate if that is helpful.

Your child may have some pain, tenderness, and/or swelling. You may give over-the-counter acetaminophen or ibuprofen for pain.

Your child should apply Vaseline ointment a few times per day while you gently separate the edges. Apply the ointment to the tip of the penis. This will help prevent it from sticking to your child's underwear as it heals and prevent the opening from closing.

Sometimes, the first time your child urinates after surgery is hard. Some children

complain of burning or pain. This will improve the more your child urinates.

### Activity

Your child may return to his normal routine. Your child may shower or take a bath.

### Follow-Up Care

Your child should return for a follow-up visit in two weeks. You may have a phone visit instead if your child has no problems.

### When to Call

- A 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 or bleeding from the incision.
- Trouble urinating.
- Questions or concerns.

### Who to Call

Pediatric Urology Clinic  
Monday-Friday, 8 am-4:30 pm  
**608-263-6420 or 1-800-323-8942**

After hours, weekends or holidays, a paging operator will answer. Ask for the pediatric urology resident on call. Leave your name and number with area code. The doctor will call you back.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.