

Meatal Stenosis/Meatotomy

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.

Treatment

A procedure called a meatotomy can be done to make the hole bigger. This is often performed in our sedation unit or in the operating room. The area is numbed and the patient may be put to sleep so that they do not feel any pain. 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 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 the 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 they are able.

- Your child may shower or bathe.

Follow-Up

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

When to Call

Call your child's doctor if your child has:

- 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, bleeding or redness (some is normal) from the incision.
- Trouble urinating.
- Any other problems.

Who to Call

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

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

The toll-free number is **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 © 7/2023. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6771