

Metoidioplasty **Postoperative Instructions**

Urethral Care:

1. No Strenuous physical activity of any type during the first 6 weeks (No bending, pushing, pulling, lifting (greater than 20lbs) straining or excessive walking)
2. Resume your regular diet as tolerated (see soft diet suggestions below)
3. Avoid excessive alcohol intake
4. No smoking for at least one month following surgery
5. Use pain medications as needed for pain/discomfort and please take antibiotics as directed
6. DO NOT pull or dislodge supra-pubic catheter.
7. Please follow the following directions for your catheter and drain care:
 - a. Empty urine bag that is attached to the catheter at least 3 times daily or when full
 - b. Empty drain reservoirs every 4 hours and compress for suction drainage
 - c. When awake, please irrigate the stent in the tip of the urethra with water every 4-6 hours.

Suggested Supplies

- **Hand mirror**
 - Allows the patient to view surgical area while changing dressings
- **Neosporin with pain reliever**
 - Topical pain reliever that may provide relief and comfort where new skin is exposed.
- **Vitamin E Oil**
 - May improve skin elasticity.
- **Q-Tips, nonstick gauze and cotton balls**
 - Applying postoperative ointments and dressings.
- **Thick pillow or Medical donut**
 - For comfort while sitting or travelling.
- **Ice packs or Bags of frozen vegetable**
 - Moldable ice packs or bags of frozen vegetables provide temporary pain relief and decrease swelling.
- **Extra pairs of underwear**
 - Most patients prefer underwear that is looser and seamless if possible. Tight underwear can be uncomfortable and rub against the newly exposed skin. Seams can also cause discomfort.
- **Sweat pants and loose jeans**

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- For comfort and to accommodate the catheter with drainage bag and drain that will still be present postoperatively.
- **Cushiony cup or pad for inside your underwear**
 - Past patients have purchased soft cups from Andrew Christian. A heavily padded cup from a bra will also suffice. As patients have transitioned to wearing tighter briefs postoperatively, this provided comfort.
- **Lap desk**
 - This may allow you to accomplish tasks and serve as protection against dogs/pets/children on your lap.
- **Extra Strength Tylenol (Acetaminophen)**
 - Transition to taking Tylenol after your pain medication for mild to moderate pain relief. Do not take Tylenol concurrently with your pain medication as the pain medication also contains acetaminophen and large amounts may cause liver damage.
- **Maxi Pads (super absorbent)**
 - Absorb any drainage after dressings are removed.
- **Roll of surgical self-sticking, elastic wrap**
 - Used for applying compression around the gauze dressing. The wrap sticks to itself, not to skin.
- **Medical cloth tape**
 - Used for a variety of reasons including but not limited to taping your dressings and taping your catheter/drainage bag/drain to your leg.

Diet

- Soft foods should be primary diet if the buccal mucosa harvest from your cheek is performed.
 - Broth, soup, ice cream, pudding, mashed potatoes, other very soft foods.
- Lack of activity postoperatively and pain medications can contribute to constipation.
 - Stool Softener
 - Prune Juice
 - Miralax may be used in the event extra help is needed
 - Avoid Metamucil or other fiber drinks as they may contribute to more constipation during the period of reduced activity
- Cranberry Juice
 - Consuming cranberry juice, along with water, may contribute to a decreased incidence of urinary tract infection.

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Important Contact Information:

****For medical or logistical questions, please phone the office during normal business hours****

Office Phone: 415.625.3230

Office Hours: Monday - Thursday, 9:00 am- 3:00 pm

Friday, 9:00 am- noon

For any of the below situations, please phone the office during normal business hours with any questions. Please do not call Dr. Crane directly on his cell phone.

****Swelling** is a normal postoperative occurrence; you can use ice to decrease this (20 min on/20 off)

****Postoperative pain** is a normal postoperative occurrence; please take the medication as prescribed-- do not take NSAIDs or aspirin as this can contribute to postoperative bleeding

****Itching** is a normal side effect of postoperative pain medication; if you experience itching without a rash, you may take over the counter Benadryl or stop taking the medication and switch to extra strength Tylenol. If a rash is present with itching, discontinue the use of medication and take Benadryl as directed.

****Nausea** is a normal side effect of postoperative pain medication; if you experience itching without a rash, you may take over the counter Benadryl or stop taking the medication and switch to extra strength Tylenol

****Constipation** is a normal side effect of postoperative pain medication; you may take an over the counter laxative or stool softener.

****Blood in urine for the first 6 weeks** is normal following surgery.

****If your catheter is not draining**, please reposition the urine bag below the bladder level to see if this affects the drainage. If repositioning is not effective, flush the catheter with water.

****Postoperative incontinence** is normal while your urethra is swollen. The urethra will be swollen for up to 12 weeks postoperatively.

****When the office is closed and there is an emergency please call Dr. Crane's cell phone. ****

Dr. Crane's Cell Phone: xxx.xxx.xxxx

If any of the situations listed below occur outside of business hours, please contact Dr. Crane on his cell phone ONLY in the following events:

****Fever over 101° F**

****Pus or drainage from the incision sites coupled with a foul odor**

****Total inability to void after the catheter is removed**