Meatal Stenosis/Meatourethroplasty

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 grows in the urethral opening causing a blockage or pinching that makes the urine stream spray in different directions. The same way placing your finger over the tip of a garden hose causes the water to spray.

What can be done about meatal stenosis?
A procedure called a meatourethroplasty can be done to make the opening larger. This surgery is an outpatient procedure in the operating room. Your child will be given general anesthesia to put him to sleep. The surgeon will make a special cut (incision) into the opening (urethra) and bring to the surface to make it the correct size.

What to Expect
- Your child will have stitches around the urethra. Your child’s urine will spray until most of the stitches come out, usually in 1-2 weeks. Your child may sit down to urinate if that is helpful.
- Your child may have some pain, tenderness, and/or swelling at the incision site. Your doctor will give you a prescription for pain.
- You will be given an antibiotic ointment with a special dilator tip to dilate the opening 3 times a day for 1 week at home after surgery. The ointment should be applied to the tip of the penis to avoid sticking to your child’s underwear during healing. Your will be shown how to do this before you go home.
- Your child should have a soft, easy to pass bowel movement once a day. We recommend an increased fiber diet and over-the-counter stool softener to help with this.
- Sometimes the first time your child urinates after surgery may be difficult. Some children complain of burning or painful sensation. This will go away the more often your child urinates and will improve the more often they urinate.

Activity
- No restrictions.
- Your child may shower or take a bath following the procedure.

Call the Doctor If Your Child
- Has a fever greater than 101.5° F for 2 readings taken 4 hours apart
- Has severe pain that doesn’t go away with pain medicine
- Increased drainage or bleeding from the incision
- Has difficulties urinating
Follow up Care

- Give pain medicine as prescribed to keep your child comfortable.
- Perform urethral dilations as instructed.
- Your child may return to his normal routine as he is able.
- Your child should return for a follow up in two weeks.
- If you have any problems, please call the clinic.

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.