

# Open Suprapubic Tube Placement Post Operative (Post-Op) Instructions



Your child is going home today. They will need your help to get better after their surgery. Here are some tips to help you take care of them:

## Pain

It's normal to feel some discomfort after the procedure. You might feel it where the incision (cut) was made or deeper, in your bladder. Here are some pain medicines you can give to your child:

- **Acetaminophen (Tylenol):** You can give acetaminophen (Tylenol) every 4 hours as needed for pain. Follow the instructions on the medicine box based on your child's weight.
- **Ibuprofen (Motrin):** You can give Ibuprofen (Motrin) every 6-8 hours as needed for pain. It can be given with Tylenol. Follow the instructions on the medicine box based on your child's weight.
- **Acetaminophen with Hydrocodone (Hycet or Norco):** If needed, you can give Acetaminophen with Hydrocodone (Hycet or Norco) for the first few days after the procedure, but if the pain isn't too bad, just use regular Tylenol or Motrin. Don't give Hycet/Norco and Tylenol together because Hycet/Norco already has Tylenol in it and can cause an overdose. These medicines can cause constipation so your child might need a stool softener like Miralax. This will make it easier for your child to poop.

**Call our office if your child has severe pain that will not go away, even with pain medicine.**

## Dressing

- Your child has a catheter (tube) coming out of their lower belly. It will be covered with white gauze and taped in place. The catheter will also be taped to the belly in a gentle curve and will have a cap on the end. It's normal to see some blood on the gauze, so don't worry.
- Change the dressing 2 to 3 times a day, depending on how much fluid is coming out. Once there is no more fluid, you can stop using gauze.
- The tube will be attached to the skin on the belly. These attachments will be removed during the first catheter change or at the first follow-up appointment.

## Appearance

- There might be some bruising around the incision.

**Call our office if:**

1. **there is pus coming from the stitches**
2. **you smell a bad (foul) odor around the stitches**
3. **if the redness near the stitches grows or spreads**

## Antibiotics

If your child is taking an antibiotic every day, keep giving it until after you are told to stop. This helps prevent infection. Your child might need it for a few months after the surgery.

## Urology

## Bladder Spasms

Your child might have bladder spasms after the surgery. These may come on suddenly and cause a sensation or feeling like:

- a cramp
- needing to pee
- a pain at the tip of the penis or in the urethra.

Medicine like Oxybutynin (Ditropan) might be ordered to help relax the bladder. It can cause side effects like constipation, a red face or a dry mouth.

## Urine Output

- It's very common for the urine (pee) to be bloody after the surgery, but there shouldn't be large blood clots. It could be as dark as the color of cranberry juice. Your child might pee more often and it might be painful to pee at first. This will get better with time.
  - Encourage your child to drink lots of fluids. More dilute (lighter colored) urine is usually less painful than very concentrated (dark) urine.

**Call our office if your child can't pee or there are large clots in the urine.**

## Fever

- A low-grade is normal after going home. Give fluids and Tylenol for fevers below 101 °F (38 °C).

**Call our office if your child has a high fever (above 101°F or 38°C) even after giving Tylenol.**

## Bowel Movements

- Your child should have at least one soft poop per day. Constipation and straining (pushing hard) to poop can make pain worse and increase the amount of blood in the urine. Medicines such as Ditropan and Hycet or Norco can cause constipation.

## To help prevent constipation:

- Give Miralax every day unless your child is having diarrhea
- Give a lot of fluids, juices, and vegetables to soften the poop.
- Do regular activities to help avoid constipation.
- Please call our office or your child's pediatrician if they have severe constipation.

## Activity

- Your child can do quiet activities. These include quiet play, walking, riding in cars, car seats, or strollers.
- Your child may need some time away from school to recover. They may return to school when they are no longer requiring pain medications.

**For the next 2 weeks, avoid activities that might make the stitches ooze or cause a lot of pain, like:**

- PE classes
- Rough or active play, wrestling, gymnastics or biking
- Sliding down chairs or sofas

## Urology

## Bathing

- Your child can take regular showers or quick baths but should avoid long soaking baths for the first 2 weeks to prevent the stitches from dissolving too early.

## Diet

- Your child can eat normally. Make sure they drink plenty of fluids and don't get constipated. Encourage liquids and fluids, especially if they aren't interested in food.

**Call our office if your child keeps throwing up or can't keep fluids down.**

## After Surgery Visit

Your child will have a follow-up appointment in 4 to 6 weeks. Call (323) 361-2247 to schedule the appointment.

## Important Phone Numbers

Urology Clinic	
During Regular Business Hours <ul style="list-style-type: none"><li>• Call (323) 361-2247</li><li>• Monday to Friday, 8 a.m. to 4:30 p.m:</li></ul>	During Evenings, Weekends or Holidays: <ul style="list-style-type: none"><li>• Call (323) 660-2450</li><li>• Ask the Operator to page Pediatric Urology on call.</li></ul>

## Urology

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

Approved by PFE 02/24/25