



Advice following bulbar mucosal graft urethroplasty

You have had an operation to repair the stricture (narrowing) in your urethra (water pipe). This involved widening your urethra using a piece of tissue from the inside of your cheek. This leaflet explains what to expect after the surgery and gives advice on how to care for your wounds and who to contact if you have any concerns or questions.

For more information about the procedure, visit the British Association of Urological Surgeons (BAUS) leaflet '[Bulbar urethroplasty](#)'.

What to expect following surgery

After surgery, you will have a dressing on your perineal region (area between the scrotum and back passage); this will be removed before you leave hospital. You will usually go home the day after surgery, following your wound review, with a urinary catheter in place to allow the graft to heal. The catheter will stay in for approximately 14 days.

You will leave hospital with:

- Catheter accessories: bags, catheter secures to anchor the bag against your leg.
- Dressings, mouthwash, antibiotics and pain relief.

Follow-up appointments

You will get an appointment to come back to our Outpatient Department (Urology Procedures) to have the catheter removed after an imaging study (peri-catheter urethrogram) in Radiology approximately 14 days after surgery. The peri-catheter urethrogram uses X-ray dye to look for leaks following the surgery. If a leak is detected on the urethrogram, it is likely that the catheter will be left in place for an extra seven days to allow the area to heal further. You will have a follow-up appointment with the consultant approximately four weeks after surgery.

Specific post-operative care advice

Mouth care:

You will be able to eat and drink on your return to the ward. It may be wise to avoid spicy or crunchy food and to chew your food on the opposite side of your mouth from the graft donor site. Some patients with longer urethral strictures will need grafts taken from both cheeks so may find pureed foods easier to eat to begin with. It is important to maintain good oral hygiene by brushing your teeth gently with a soft-bristled toothbrush, avoiding the graft site initially.

You will be given Difflam mouthwash to use 10-15ml four times a day for two weeks. You can take this alongside painkillers which will help with the pain and swelling at the graft site.

Wound care:

Your perineal dressing will be removed before you leave hospital. You may notice some swelling, which should settle within a couple of weeks. You can shower and get your wound wet but try not to completely submerge your wound in water. You will receive antibiotics to lower the chance of surgical site infections.

Catheter care:

You will have a urinary catheter in your penis until after your peri-catheter urethrogram appointment, to allow the graft to heal. You will be shown how to manage and care for your catheter on the ward before you leave hospital. You can use Vaseline at the site where the catheter exits the urethra at the tip of your penis, to help with irritation or discomfort.

Troubleshooting

- You may notice slight oozing of blood from your wound site. This can be stopped by applying firm pressure to the area using a clean piece of gauze / tissue paper for 10 minutes.
- You may notice occasional haematuria (blood in urine), which is normal after surgery. If you develop a fever or have any burning, stinging or cloudy, offensive smelling urine, you may have a urinary infection and will require further medical review.
- You may experience bladder spasms or abdominal cramps while the catheter is in. This may sometimes cause leakage of urine around the catheter (bypassing). Make sure to check there is not a blockage or kink in the catheter tubing if this happens.
- If you notice that no urine is draining from your catheter, make sure the catheter tubing is not kinked, the draining bag is connected correctly and the bag is below bladder level. Walking or moving around can help to dislodge a blockage. If nothing drains from your catheter and you are in pain, seek urgent medical advice.

When to seek help immediately

- Temperature at or over 38°
- Any leakage (including pus) from the wound site or separation/opening of your wound
- Pain not controlled with medication
- Problems with your catheter draining/catheter fallen out

Contact information

If you have any concerns in hours, you can contact Hopkins Ward on 0118 322 7771. This is located on Level 4 Eye Block, Royal Berkshire Hospital, Craven Road, Reading, RG1 5AN
For questions about appointments call the Urology Clinical Administration Team on 0118 322 8629 (Mon-Fri 9.00am-5.00pm) or email rbb-tr.cat3a@nhs.uk.

Out of hours or if you need urgent medical advice, please contact 111/999 or attend your nearest emergency department (A&E).

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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