

Perineal Urethrostomy

WARWIKI

Patient Information · A new, permanent opening for urine in the perineum

A perineal urethrostomy creates a new, permanent opening for urine in the perineum — the area between the scrotum and the anus. It is used when the urethra is too narrowed, scarred, or damaged to repair. Afterward, you urinate sitting down through this opening instead of through the tip of the penis. This handout explains how it works, how to prepare, and what to expect.

About This Procedure

A **stricture** is a scarred, narrowed segment of the urethra that blocks the flow of urine. When the narrowing is long, keeps coming back after repair, or the urethra is too damaged to rebuild, the surgeon brings the **healthy part of the urethra** (behind the narrowing) to the skin of the perineum and stitches it open to make a new, lasting opening. Urine then leaves the body there.

It is a **reliable, durable** solution that avoids longer or repeated reconstruction — a good choice for complex strictures, or when you would rather not have multiple operations.

What to Know

The main change is that you will **urinate sitting down** through the new opening; urine no longer comes out the tip of the penis. Most men adjust well and are satisfied. Your **penis stays in place** — sensation and orgasm are usually unchanged, and most men keep their erections (some notice a change). Over time the opening can **narrow**; if it does, a small procedure can usually open it again.

LEARN THE TERMS

Urethra

The tube that carries urine out of the body.

Stricture

A scarred, narrowed segment of the urethra that blocks urine flow.

Perineum

The area between the scrotum and the anus, where the new opening is made.

Perineal urethrostomy

The operation that brings the urethra to a new, permanent opening in the perineum.

Stoma

The new opening where urine leaves the body.

Stomal narrowing

The new opening getting tighter over time — usually fixable with a small procedure.

Catheter

A soft tube left in place for a week or two while the opening heals.

General anesthesia

Medicine that keeps you asleep and pain-free during surgery.

WILL IT HURT? The surgery is done under general or spinal anesthesia, so you feel nothing during it. Afterward, expect swelling, bruising, and soreness in the perineum for 1–2 weeks — warm soaks (sitz baths), ice, and pain medicine help. A catheter is placed during surgery. Many people go home the same day or after one night.

How to Get Ready (Before Surgery)

- Done under **general or spinal anesthesia** — follow all surgery instructions (fasting, and which medicines to hold, including blood thinners).
- A **urine test** checks for infection (treated first); you'll get antibiotics. **Do not smoke** — it slows healing.
- Your legs will be supported in stirrups during surgery. Plan for a **catheter for about 1–2 weeks** and a ride home.

Tell your team ahead of time if you:

- Have had **pelvic radiation** — the new opening is more likely to narrow
- Take a blood thinner, or have a current infection

What Happens During Surgery

- 1 You are asleep or numb under anesthesia, with your legs supported; antibiotics are given.
- 2 Through an incision in the perineum, the surgeon finds the healthy urethra behind the narrowing and removes or bypasses the scarred part.
- 3 The healthy urethra is brought to the skin and stitched open to form a new, wide opening; a catheter is placed and the wound is closed.

After Surgery

- Expect **swelling, bruising, and soreness** in the perineum for 1–2 weeks. Warm sitz baths, ice, and pain medicine help; keep the area clean.
- The **catheter stays about 1–2 weeks**, then your team removes it. After that you urinate **sitting down** through the new opening.
- **Avoid heavy lifting, straining, cycling, and sex** for several weeks, and avoid sitting directly on the area as advised.
- If your stream **weakens over time**, the opening may be narrowing — tell your team, as a small procedure can reopen it.

Call your care team or seek care if you have:

- The catheter falls out or stops draining, or you **cannot urinate** after it is removed
- A fever or chills, or growing redness, pain, swelling, or drainage at the wound
- Heavy bleeding

THREE THINGS TO REMEMBER

1. A perineal urethrostomy makes a new, permanent opening for urine in the perineum — used when the urethra is too narrowed or damaged to repair. Afterward you urinate **sitting down**.
2. It is durable and reliable and avoids longer or repeated surgery. Your **penis stays in place**; sensation and orgasm are usually unchanged and most men keep their erections.
3. Expect a catheter for ~1–2 weeks. The opening can narrow over time — tell your team if your stream weakens. Call right away for fever, heavy bleeding, or trouble urinating.