

Rivertown Surgery Center

POSTOPERATIVE INSTRUCTIONS FOR CIRCUMCISION

DIET: You may return to your normal diet after your surgery. You may note some mild nausea and possibly vomiting the first few hours following surgery. This is usually due to the side effects of anesthesia and will disappear quite soon. I would suggest clear liquids and a very light meal the first evening following surgery.

ACTIVITY: Your physical activity should be restricted the first 48 hours after surgery. During that time, you should remain relatively inactive, moving about only when necessary. During the first few days following surgery, you should avoid lifting any heavy objects (anything greater than 15 pounds), and avoid strenuous exercise. If you work, ask us specifically about your restrictions, both for home and work. We will write a note to your employer/school if needed. Hold off on any sexual activity until okayed by your physician.

POSTOPERATIVE CARE: Remove dressing after 24-48 hours if the dressing has not fallen off by that time. If the dressing will not come off, sit the patient in a warm tub of water for 1-2 minutes to moisten the dressing and then attempt removal. For adults, apply an antibiotic ointment, i.e. Neosporin or Bacitracin, twice daily until the sutures have fallen out and the wound has healed. For pediatric patients in diapers, apply antibiotic ointment 5-6 times a day or with every diaper change. During this time, retract the skin on the shaft of the penis towards the base of the penis until the entire length of the skin on the penis is seen. There will be swelling postoperatively. In certain cases where glanular adhesions to the head of the penis have been taken down and this is not performed diligently, there may be recurrence of these adhesions.

SWELLING: Ice packs can be wrapped in a hand cloth and placed on and off the penis for the first 48 hours if needed to relieve the pain and to keep the swelling down. Fifteen minutes on and 15 minutes off is a reasonable schedule. Another way of accomplishing this with less mess is to use frozen peas or corn in a ZipLoc bag. They can be used, re-frozen, and used again.

WOUND: In most cases, your incision will have multiple sutures that run along the course of the incision. Expect some redness around the sutures and incision site. If there is generalized redness that worsens or spreads down the shaft of the penis or to the scrotum or increasing pain, swelling, or draining pus from the wound, call your physician immediately. The penis will very likely get 'black and blue' as the blood in the tissues spread. Sometimes the whole penis will turn colors. The 'black and blue' is followed by a yellow and brown color. In time, all this coloration will go away.

BLEEDING: If there is oozing or bleeding from the incision site, apply pressure circumferentially around the incision for 10 minutes by the clock. Do not peek during that 10-minute period! After 10 minutes, check to see if the bleeding has ceased. If it has not, continue to hold pressure for another 10 minutes circumferentially around the entire incision. Check again after 10 minutes by the clock. If the bleeding has not stopped, please call or notify your physician.

HYGIENE: You may shower 48 hours after surgery. Tub bathing should be restricted until 1 week after surgery. If your incision is draining after the sutures are out, please notify your physician.

MEDICATION: You have been given a prescription for: _____. Take the medication as prescribed by your doctor. You may either take Tylenol (acetaminophen) or Advil (ibuprofen) which contain no narcotic agents and have fewer side effects. If the pain medication you receive does not control the pain, let us know.

PROBLEMS YOU MUST REPORT TO US: Fever of 101.0 degrees Fahrenheit, moderate or severe swelling under the skin incision or involving the penis, purulent drainage from the incision, uncontrolled pain, or drug reactions such as hives, rash, nausea, or vomiting.

FOLLOW-UP APPOINTMENT: with Dr. _____ is _____

Patient Representative

Nurse

Date / Time