

After a circumcision procedure, a cling dressing will be applied over the wound, with a Mepitel dressing placed underneath. Both dressings should be removed during a shower after 72 hours.

Keep the area clean and dry

72 hours after the operation, gently wash the area with warm water each day to prevent infection. After washing, pat the area dry with a clean towel.

Wear loose-fitting clothing

Tight clothing or underwear can rub against the surgical site causing irritation and discomfort. Loose clothing allows the area to breathe and promotes healing.

Avoid strenuous activity

You should avoid strenuous physical activity, such as sports or heavy lifting for at least 3 week after the procedure.

Take pain medication as needed:

Over-the-counter pain medication, paracetamol/ Ibuprofen can help to relieve any discomfort or pain.

Monitor for signs of infection

Watch for signs of infection, such as redness, swelling, fever or pus drainage from the surgical site. If you notice any of these symptoms, contact your healthcare provider.

It is important to follow your healthcare provider's instructions for post-operative care and attend any follow-up appointments as scheduled.

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Post Operative Circumcision Instructions for Adults, Children and Parents

under the care of

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Post Operative Care and Complications

Side effects of circumcision requiring medical attention include:

- » BLEEDING: Blood loss in a small infant is potentially dangerous, slight bleeding including staining of the cloths/nappies is ok. If the child or adult is continuously bleeding, apply pressure over the wound site as you hold a stick in your hand and contact the hospital where he had the circumcision.
- » If a child fails to pass urine 6 to 8 hours after the operation contact the hospital or Prof. Jaffry's office. There may be a scab blocking the meatus. This is usual in some cases as the raw area over the meatus will form a scab which causes inability to pass urine.
- » If swelling and redness around the top of the penis does not go or **becomes worse** after 3 to 5 days, contact Prof. Jaffry's office (091) 720065. An Important factor here to remember is progression of symptoms, if the symptoms are not progressing you can wait.
- » A yellow discharge (not staining of clothes) around the penis tip may indicate an infection (if it persists after 3-5 days). It is very unusual to get a post operative infection and if it does, this usually settles with frequent washing and keeping it clean and dry.
- » Antibiotics are not usually necessary but if the GP or your physician feels it's necessary then you have to commence same.
- » Calpol (Paracetamol) and/or Neurofen (Ibuprofen) is usually effective alternately until any swelling and pain subsides.
- » You may remove the dressing after 72 hours of the operation. This will include removal of a ribbon gauze wrapped around the penile wound, this has to be unrolled. A net dressing called mepitel dressing will be found underneath it and has to be peeled off. Usually its easy to peel it off the wound.

- » You may start washing the wound after the dressing is removed ie: 72 hours after the operation, with clean water and cotton wool.
- » **Do not apply** any type of creams/gels or soaps after washing, until you are advised by Prof. Jaffry to apply in some cases, antibiotic or steroid cream.
- » The wound can separate and that usually settles itself, however a regular visit with Prof. Jaffry may be necessary in some cases to make sure the wound is healing well. This is mainly due to early morning/ nocturnal tumescence in both adults and children.
- » Post operative pain in adults may take number of weeks (6-8) to settle.
- » For adult patients refrain from sexual intercourse until your final review at the rooms.
- » Please note that in patients who have a pubic fat pad, they may have additional cosmetic problems initially, which would have been discussed at initial consultation, just to reiterate, a circumcision procedure does not effect the overall size of the penis however the appearance may look small and there could be delayed healing/infection, buried penis and webbing of the skin post operatively.
- » In patients with BXO and other chronic inflammatory conditions the recovery may be extended and can cause prolonged side effects and complications like infection, bleeding, scab formation, meatal closure, altered/hyper sensation around penile skin, discolouration of penis and skin fibrosis at closure site. This is the usual course in some patients, which requires close monitoring and regular follow up with Prof. Jaffry to achieve an optimum outcome.

The Circumcision Operation

A circumcision is a quick and more often than not a straight forward procedure, however, it could be a difficult operation due to body habitus and skin conditions in each individual.

The type of anaesthesia used for a circumcision will depend on the procedure being performed and on the patient's age.

All patients will have a numbing medicine (local anaesthesia which may last 4-8 hours) along with a very short General Anaesthetic.

Prescribed post-operative painkillers should be taken as directed, even if there is no pain, to help prevent discomfort before it begins & support a smoother recovery.