

Circumcision

The following instructions are provided to assist you with planning your self-care and recovery after your operation.

1. You must have a responsible adult accompany you home and stay with you overnight.
2. Plan on getting an adequate amount of rest for a few days following your operation. Return to normal activity gradually. It's best to lie down as often as possible for the first 24 hours to help reduce swelling.
3. You are advised that you should not operate a motor vehicle, machinery, or perform any tasks requiring skill, co-ordination or judgment, or make any legal decisions within 24 hours after your operation.
4. Take all of your regular medications as you took them before your operation, unless instructed otherwise.
5. Take pain medications as prescribed. Try to avoid constipation by eating high fiber foods, drinking plenty of fluids and use a stool softener or mild laxative if needed. Your local pharmacist can be of assistance in choosing these products.
6. Resume your regular diet as tolerated. Do not drink any alcoholic beverages including beer and wine, or use any recreational drugs for 24 hours after your surgery.
7. It is important to have emptied your bladder (passed your urine) within 6 hours of returning home. If not, return to the Emergency Department of the nearest hospital.
8. After surgery there will be Polysporin over the incision site, there also could be a small dressing, dressing can come off at home but keep incision covered in Polysporin until showering.
9. You may shower after 24 hours, pat incision dry and recover with Polysporin. Apply Polysporin ointment on the incision line twice a day for two weeks.
10. A small amount of bleeding from suture line is not unusual.
11. Stitches will dissolve on their own. You can expect some swelling; do not be alarmed about the appearance of the suture line-it will improve as healing takes place.
12. You may resume normal light activity 24 hours following your surgery. You should avoid strenuous activity, heavy lifting, and sports for approximately 2 weeks.

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13. Avoid conditions that may arouse you sexually as an erection of your penis could be painful and put strain on the stitches. You can engage in sexual activity when all the stitches have dissolved.

Contact your Doctor or seek medical attention if any of the following occurs:

- Signs of infection, including fever and chills
- Redness, swelling, increasing pain, excessive bleeding, or discharge at the incision site.
- Cough, shortness of breath, chest pain
- Pain that you cannot control with the medication that you have been given.
- Nausea and/or vomiting that you cannot control or which persist for more than two days after your surgery.
- Pain and/or swelling in your feet, calves or legs.

If you have any concerns:

- ... Call your Surgeon/Doctors office
- ... or call Telehealth 1-866-797-0000
- ... or go to the nearest Emergency Department.

Follow up:

The day after your surgery call your Surgeon's office for your _____ week(s) follow-up appointment.

Specific Instructions:
