



Circumcision Pre- and Post- Operative Instructions

Circumcision is the surgical removal of the **foreskin** (tube or sac of skin covering the tip of the penis).

PREPARATION FOR DAY OF SURGERY:

- Clean your genitals and surrounding area very well. If you are having surgery at the hospital, they will likely provide a specific soap to use for pre-operative cleaning.
- Wear loose-fitting underwear/clothing.
- Make arrangements for someone to drive you home after surgery. A taxi cab is not an option. Call our office and speak with surgery scheduling if this is a problem.

WHAT TO EXPECT DURING THE PROCEDURE:

Adult circumcision is typically performed under general anesthesia (unconsciousness caused by drugs). During surgery, your doctor will cut away the foreskin at the head of your penis. Bleeding is stopped by electrocautery which uses heat and energy to seal areas that are bleeding. The incision is closed using a very small needle and sutures (stitches) that are absorbed by your body. A bandage is placed tightly around the area to keep it clean and to reduce swelling. Your doctor will tell you how long to leave this bandage in place, typically no longer than 24 hours.

WHAT TO EXPECT AFTER THE PROCEDURE:

Following surgery, your penis may be swollen and bruised for 1-2 weeks. Your doctor may prescribe stronger pain relievers as well.

Diet

You may return to your normal diet after surgery. Mild nausea and possibly vomiting may occur in the first 6-8 hours following surgery. This is usually due to the side effects of anesthesia and will resolve soon. We suggest clear liquids and a light meal the first evening following surgery.

Activity

You should remain relatively inactive the first 72 hours following surgery. We do encourage walking around for a few minutes every two hours to maintain good circulation, but otherwise, no activity. After three days, you may resume your daily routine but should continue to avoid high-impact activities such as running, skiing, or boating as well as activities that put direct pressure on the scrotum such as riding a motorcycle, ATV, or snow machine for a total of 6 weeks after surgery.

Ice packs should be placed on and off the genitals for the first 48-72 hours. Frozen peas or an ice pack can be frozen, used and re-frozen. Fifteen minutes on and 15 minutes off is the recommended schedule. Use a thin cloth or towel in between the skin and ice pack to reduce skin irritation. Ice is a good pain reliever and keeps the swelling down.

Avoid all forms of sexual activity for four to six weeks after surgery. Erections, in general, should be avoided; however, erections that occur while sleeping cannot be controlled and thus some pain upon waking is normal. In some instances, these erections can cause early disruption of stitches that can result in prolonged healing, i.e. prolonged restrictions. They can also sometimes lead to bleeding. **If bleeding occurs**, hold pressure on bleeding site for 10 minutes. Repeat if necessary. If bleeding does not stop after two rounds of applied pressure, call your doctor.

Wound

In most cases, your incision will have absorbable sutures that will dissolve within the first two weeks. Some will fall out even earlier. Expect some redness as the sutures dissolve, but this should occur only around the sutures. If there is generalized redness, especially with increasing pain or swelling, let us know. The penis may become 'black and blue' as the blood in the tissues spread. Sometimes this will extend up to the base of penis and lower abdomen/upper scrotum. The black and blue is followed by a yellow and brown color. In time, all this coloration will go away.

Hygiene

You may shower 48 hours after surgery. Tub bathing is restricted for 4 weeks. Gently pull back on the penile tissue to expose suture line and allow water to hit your abdomen and “run” down to the area.

Medications

In most cases, you will be sent home with a prescription pain pill. If the pain medication you are sent home with does not control the pain when being used as directed on bottle, call your doctor. While taking prescription pain medication, it is recommended you also take a stool softener such as Docusate Sodium (Colace, Dulcolax) to counteract the constipating effects of the pain medication.

If the pain is not too bad, you may take over-the-counter Tylenol (acetaminophen). Avoid Non-Steroidal Anti-Inflammatories (NSAIDs) such as Aspirin, Ibuprofen, Naproxen, Advil, Aleve, and Motrin, for 72 hours after surgery because they may cause bleeding.

Problems to Report

1. Fever or 101 degrees Fahrenheit or higher.
2. Moderate or severe swelling under the skin incision or involving the scrotum.
3. Redness of the genital area that appears to be spreading.
4. Drug reactions such as a rash or vomiting. If difficulty breathing occurs, go directly to the ER.

Follow-Up

Our office should call you within one business day to set up your first follow-up appointment. This visit is to check your incision and progress and is usually set up 5-14 days after surgery.

Contact Information

If you need to contact Alaska Urology for post-operatively concerns, please contact the clinic you visited (Anchorage: 563-3103, Palmer: 745-9300). If your symptoms are severe and/or very concerning, ask to speak with nurse triage. If symptoms are mild to moderate or of low concern, ask to speak with your doctor's assistant.