

CIRCUMCISION INSTRUCTIONS

DRESSING/INCISION CARE

- Remove dressing tomorrow morning. If dressing falls off before tomorrow, it is OK to leave off.
- Expect blood to drain from the tip of the penis for up to 1 week.
- Sutures dissolve and do not need to be removed. Slight redness and irritation is normal.
- Bruising and swelling is normal and can last up to a week. Ice pack to the incision (20 minutes on, 20 minutes off) will help with swelling the first few days.

ACTIVITY INSTRUCTIONS

- Anesthesia takes **24 hours** to wear off. No driving/operating heavy machinery during this time.
- Please REST and take it easy after surgery. Anesthesia can make you feel light headed and dizzy.
- Shower 2 days after your surgery. Soap and water to the incision, do not vigorously scrub. Pat dry. No submerging in tub baths, pools, hot tubs for 3 weeks or until cleared by your doctor.
- Increase your daily activity and exercise gradually as tolerated.
- Avoid any strenuous exercise or heavy lifting (greater than 20 pounds) until cleared.
- No sexual activity for 6 weeks and until pain free. Please consult your doctor on timing.

DIET INSTRUCTIONS

- Eat a light meal after surgery as anesthesia can make you nauseous. Nothing greasy or spicy.
- Resume your normal diet as tolerated.
- Increase your fluid intake and hydration (preferably water) over the next week.

MEDICATIONS

- Bacitracin ointment (or over-the-counter equivalent): Apply twice daily to the stitch line, for 5 days once the dressing has been removed.
- Take Tylenol (500 mg every 6 hours) with Ibuprofen (Advil, Motrin) 600 mg every 6 hours. It is safe to take these together or alternate every 3 hours.
- If you were prescribed a narcotic medication for more severe pain, please take only as needed and do not drive while taking as it can cause confusion, drowsiness and constipation. Over the counter stool softeners are available if needed.
- If you were prescribed an antibiotic, take as prescribed and complete course until it is done.

CONTACT YOUR DOCTOR'S OFFICE IMMEDIATELY IF YOU EXPERIENCE THE FOLLOWING:

1. Fever greater than 100.6, severe chills, continued nausea or vomiting
2. Excessive swelling or pus-like drainage from the incision
3. Severe pain that doesn't go away with pain medication
4. Inability to urinate

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.



Phone: (224) 612-7000

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FOLLOW-UP

- Call your doctor's office to schedule a follow-up appointment (if not already scheduled).

***If you have any questions or concerns regarding your surgery (even after business hours or over the weekend), PLEASE CALL THE 24 HOUR ON CALL NURSE at 224-612-7000.**

Please go to your nearest Hospital Emergency Department if you experience chest pain, difficulty breathing, or other emergency signs or symptoms.