

Home Care After Circumcision

The following instructions will help you care for yourself or be cared for upon your return home today after surgery.

Activity

Limit your activity for the first 5 days after surgery to light activity.

You may return to work in a day or so, when comfortable.

Limit lifting to less than 20 pounds for the next 5 days.

Also limit running and long walks.

Showering

You may shower 48 hours after surgery.

Allow the water to wash over the incision but do not scrub the incision.

Dry the site gently by patting it with a clean towel.

NO baths or swimming for 14 days after surgery.

Incision Care

Keep the penile dressing wrap in place for the next day. This dressing should be removed sooner if you have any numbness, blue discoloration or if it becomes soiled.

Expect a small amount of blood may stain the dressings for up to 72 hours after surgery.

For the first few days, apply two or three gauze pads to the site each day and as needed to keep the dressing dry. This will protect the incision and help keep your clothes clean.

When you are no longer having any drainage, stop using the gauze pads over the site.

Stitches will dissolve in approximately 2 weeks and do not need to be removed.

Medications

Take alternating Tylenol and Motrin (ibuprofen) for 3 days and then as needed after.

Apply Bacitracin ointment to the incision line twice daily for 2 weeks.

Anesthesia Precautions & Expectations

After anesthesia, rest for 24 hours.

Do not drive, drink alcoholic beverages or make any important decisions during this time.

Swelling Is Expected After Surgery

Penile swelling from the surgery may take weeks to a month to resolve.

You should call your doctor if the swelling is severe and worsens.

Use ice packs to the scrotum and penis for 15 minutes every hour for the first 48 hours when you are awake to limit swelling.

Use a plastic bag with ice or a bag of frozen peas for the ice pack.

Wrap a cloth or towel around the ice pack so the ice does not directly touch your skin.

Wear a jock strap or tight underwear for the next week to support your scrotum and reduce swelling.

Sexual Activity

Sexual activity can be resumed when the stitches have dissolved, which will take approximately 2 weeks.

Call your Doctor if:

-A large amount of drainage from the incision that soaks several pads per day.

- Pain that is not controlled with pain medicine.
- Inability to urinate within eight (8) hours after surgery
- Any signs of infection such as:
 - Increased redness or tenderness around the incision site
 - Pus type drainage from the incision
 - Fever of greater than 101 degrees Fahrenheit.

Follow-Up Appointment

1 month

Contact Information

During normal business hours you can call Pinehurst Surgical Clinic Urology department at (910) 235-9791. After hours and on weekends, if you have questions or problems, call (910) 715-1000 and ask the hospital operator to page the urologist on call. If you are unable to reach your doctor and it is a medical emergency, call 911 or proceed to the Emergency Department.