

**Notify The Doctor Or Go
To The Emergency Department
If Any Of The Following Happens:**

- continued or heavy bleeding
- chills and/or fever of 38.5°C or 101.2°F or higher
- continued burning on urination
- pain not relieved by prescribed medication
- continued nausea and vomiting
- the penis becomes red, warm to touch, swollen and/or pus-like (yellow or green) drainage occurs
- you are unable to pass urine for more than 8–10 hours even though you have been drinking fluids
- If the bandage feels extremely tight, you may remove it

Besides these general instructions remember also:

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After a Circumcision Discharge Instructions

General Information

Circumcision is the surgical removal of the foreskin at the end of the penis.

The procedure is done in the operating room under a general or local anesthetic. The area may also be frozen with local anesthetic. It takes about 20–30 minutes to do this procedure. The stitches that are used are dissolvable (they do not need to be removed).

Important Points

Bleeding/Swelling

- If bleeding occurs, apply firm steady pressure over the area for 10–15 minutes or until the bleeding stops.

Dressings

- If a bandage has been applied, remove it in 2 days. If the bandage falls off before 2 days, it may be left off.
- If the bandage becomes saturated with urine, you may remove it.
- The bandage will come off more easily and you will prevent bleeding if you dampen it and remove it in the shower.
- If the bandage feels extremely tight, you may remove it.

Pain

- Take pain medications as soon as you begin to feel discomfort. Do not wait until you are in pain. Take the pain medications ordered by your surgeon. Do not take Aspirin (ASA) until advised by your doctor.
- Do not drink alcohol when taking pain medication.
- You may have a burning sensation when urinating. This should lessen within 1–2 days. You will be more comfortable wearing loose fitting underwear and pants until the incision is healed.

Diet

- A well-balanced diet is important for wound healing. It is also important to keep well hydrated by drinking a minimum of 8–10 glasses of water per day (unless advised otherwise by your doctor).
- Include high fiber and fluids in your diet to prevent constipation especially if you are using pain medication.
- Ask your doctor or pharmacist about a mild laxative or stool softener, if needed.
- Avoid spicy foods—they may produce substances in your urine that irritate the healing area.

Do eat:

- Grain breads
- Bran cereals (All Bran, Bran Buds, Fruit & Fiber)
- Fruits (prunes, raisins, dates, bananas, apples)
- Vegetables (broccoli, corn, beans, potatoes)

Activity

- Avoid strenuous exercise/activity for at least 7 days. Avoid contact sports and swimming for 3 weeks.

Sexual Activity

- Sexual intercourse may be resumed when instructed by your doctor (usually 3–6 weeks).

Bathing

- If your penis is not bandaged, you may have a shower the day after surgery. Otherwise, you may shower when you remove the bandage. Do not soak the area in a bath until it is fully healed (about 7–10 days).

Follow-Up Appointment

- Contact your doctor's office to arrange a follow-up appointment.