

# HALTON UROLOGY

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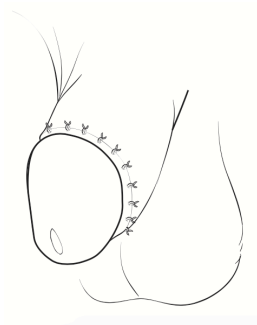
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## Discharge Instructions for Adult Circumcision

You have had a circumcision. The foreskin was removed to uncover the head of the penis. The skin edges at the site of incision were brought back together with dissolving stitches. This procedure is typically done for adult due to phimosis (inability to retract the foreskin covering the head of the penis).



**Activity:** Take is easy for 2-3 weeks. Do not engage in activities requiring heavy lifting (greater than 10-20 lbs.), gardening, bicycling etc.). This will increase the pressure your abdomen puts on your bladder and may result in more blood in your urine. Sexual activity should be avoided for 2-3 weeks.

**Bandage or Dressing:** Typically rolled gauze will be wrapped around your penis to protect the wound after surgery. The gauze can be removed within 24 hours of surgery. This is done by removing the tape and unraveling the gauze. You do not need to replace this with another bandage or dressing on the penis.

**Bleeding:** If bleeding occurs from the skin edges or in between the stitches, apply firm steady pressure over the area for 10–15 minutes or until the bleeding stops, then apply an ice pack (cold gel pack, or crushed ice in a plastic bag, or a small bag of frozen peas). **Do not apply ice directly onto the skin.** An ice pack should always be wrapped in a pillowcase or towel, before applying.

**Bruising and Swelling:** You will have some bruising, swelling and tenderness of the penis for a few days. You will see this especially along the penile shaft and it will often progress for 24-48 hours before starting to improve. Discoloration of the penile skin will occur during the healing process and may take a few weeks.

You may feel more comfortable wearing snug-fitting underwear for support. Apply a covered ice pack to the surgical area for 10–20 minutes every 2–3 hours as needed to reduce pain and swelling. **Do not put ice directly onto the skin.** A cold gel pack, or crushed ice in a plastic bag, or a small bag of frozen peas placed in a pillowcase or towel works well. Do not apply heat or hot packs.

**Diet:** You may return to your normal diet immediately after surgery. You may have some mild nausea and possibly vomiting the first 6-8 hours following surgery. This is usually due to the side effects of anesthesia, and will disappear quite soon.

**Driving:** Driving should be avoided for at least 1-2 weeks after surgery or until you are not taking pain medications or are pain free.

**Wound Care and Stitches:** You may shower 24 hours after surgery. No tub bathing or swimming or hot tubs for 7 days after surgery as it may increase your risk of a wound infection. Your incision will have absorbable sutures that will dissolve within 2-3 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, please contact my office or go to your nearest Emergency Department.

**Sexual Activity:** You should avoid sexual activity for 3-4 weeks. It can be resumed when the stitches have fallen out and when you are comfortable doing so. You should also avoid masturbation before the stitches have dissolved as it may cause pain or tear the skin.

**Post-operative Pain:** Local anesthetic was used and after surgery, this will generally wear off within 30-60 minutes after surgery. Once the anesthetic wears off, any pain and discomfort will be treated with a prescribed pain medication. When you go home it is important to take your pain medication as needed. Your pain will gradually improve and you can take Tylenol, Extra-Strength Tylenol or anti-inflammatories (e.g. ibuprofen) when the stronger pain medications are no longer required.

**Follow-Up Appointment:** My office will contact you with a follow-up appointment time and date. This appointment will usually be 4-6 weeks after the date of surgery.

**When to Seek Medical Attention:**

- Chills or fever over 38 degrees C (101 degrees F)
- Severe pain that is not relieved by pain medication
- Persistent or heavy bleeding
- Persistent nausea and vomiting
- Wound redness, pus-like (yellow or green) drainage or foul smell from the incision

**For Urgent or Emergent situations, please call my office at 905-875-3920 during office hours (9:00am-5:00pm) or outside these hours, please go to your nearest Emergency Department.**

*\*Updated January 2017*