



## UROLOGY ASSOCIATES OF FREDERICKSBURG

Expert Surgical Care of the Urologic Patient Since 1975

### **Outpatient Instructions for Circumcision - Adult**

#### **PROCEDURE:**

During circumcision skin is removed from the end of the penis. This procedure is usually performed to relieve symptoms of irritation caused by scarring, infection or anatomic abnormalities. Circumcision is usually performed as an outpatient procedure. The surgical area is very delicate and there are a few instructions which need to be followed to help the healing process.

#### **CARE OF THE INCISION:**

In most cases your incision will have absorbable sutures that will dissolve on their own within the first 10-20 days. Some will fall out even earlier. Expect some redness as the sutures dissolve but this should only occur around the sutures. If there is generalized redness, especially with increasing pain or swelling, call your surgeon. Mild swelling is normal after surgery. Keep the incision clean and dry. Sometimes surgical adhesive glue is used to seal the incision between the stitches. This glue will peel off naturally in time. If there is a gauze bandage on the penis please try to keep it on for at least 12-24 hours to help reduce swelling.

#### **IT IS OK TO REMOVE OR LOOSEN THE BANDAGE IF IT FEELS TOO TIGHT**

It is common for the penis and scrotum to become “black and blue” as the blood in the tissues spread. The black and blue color is followed by a yellow and brown color. In time, all colorization will disappear. You should plan to wear a tight pair of jockey shorts or athletic support for the first 4-5 days, even to sleep. This will keep the penis immobilized to some degree and keep down the swelling. Ice packs, wrapped in cloth, should be placed over the genitals, on and off, for the first 48 hours. Ice is a good pain reliever and keeps the swelling down.

Bacitracin ointment can be used to treat irritation around the tip of the penis which may be very sensitive as the circumcision heals. This is normal. The exposed tip of the penis may be sensitive for some time after surgery.

It is normal to see a few small spots of blood around the stitches as the penis heals.

#### **HYGIENE:**

You may shower 48 hours after your surgery. Tub baths are restricted up until the sutures have dissolved or as instructed by your surgeon.



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### **DIET:**

You may return to your normal diet within 24 hours following your surgery. You may note some mild nausea and possibly vomiting the first 6 to 8 hours following surgery. This is usually due to the side effects from the anesthesia and will soon disappear. We suggest clear liquids and a very light meal the first evening following your surgery.

### **ACTIVITY:**

Your physical activity should be restricted for the 48 hours. During this time you should rest, getting up when necessary to take short walks and stretch your leg muscles to prevent blood clots. During the first 7 to 10 days following surgery you should avoid any heavy lifting (greater than 10 lbs) and strenuous exercise. If you are working, ask us for your specific restrictions. We will write a note for your employer if necessary.

No sexual activity until cleared by your surgeon.

### **MEDICATIONS:**

You will be sent home with some type of pain medication. In many cases you will be sent home with a narcotic pain pill (Percocet or Tylox). If the pain is not bad you may either take Tylenol or Advil which contain no narcotic agents, and will be tolerated more by your body and have fewer side effects. If the pain medication you are sent home with does not control the pain you will need to let us know. Narcotic pain medications cannot be refilled or called into your pharmacy.

### **WHEN TO CONTACT OUR OFFICE:**

- Fevers over 100.5 Fahrenheit.
- Moderate or severe swelling or redness under the incision involving the penis or scrotum.
- Reaction to medications: hives, rash, nausea, vomiting, diarrhea.
- Heavy bleeding

### **FOLLOW-UP:**

You will need a follow-up appointment so that your surgeon can monitor your progress. Usually the first appointment will be 1-3 weeks after your surgery. Call the office (540) 374-3131 for an appointment when you get home.