



UROLOGY OF CENTRAL TEXAS

Circumcision Post-Operative Care

Activity Restrictions

For the first one or two days following surgery, your child may not feel like being very active. He may increase his level of activity as the soreness goes away. However, for **at least 2 weeks (up to 4 weeks, depending on post-operative swelling)**, your son should not be allowed to participate in any activities that would require him to straddle an object, such as a walker, tricycle or bicycle. If your child is older, any strenuous activity, including heavy lifting, contact sports and gym class, should be avoided for the same period of time. No swimming for 2 weeks after the procedure. School-age children may return to school after 48 hours.

Diet

Before your child is discharged home, he should be able to drink clear liquids and keep them down without vomiting. Once your child can drink liquids, you may add progressively to his diet with:

1. A full liquid or "light" meal, which may include toast, crackers, soup, or gelatin
2. Regular meals if your child tolerates the above

If your child vomits, wait approximately 45 minutes and start this process over with sips of clear liquids. Gradually increase the amount of clear liquids. When your child can tolerate them, follow the guidelines above.

Care of the Incision

Your child may or may not have a dressing over his penis. If he does, the dressing should be removed in 48 hours. A good way to take the dressing off is to have him soak in a bath; this helps the tape release. If it falls off before 48 hours, **DO NOT WORRY** and leave it off. If there is surgical glue over the top of the stitches, this will fall off on its own and should not be removed. The stitches will dissolve and do not need to be removed. If you see a knot fall off, that is normal and means the stitches are dissolving.

It is **normal** for the penis to appear swollen and bruised (black and blue) after surgery. It will look worse before it looks better. Swelling will be present throughout the healing process and may be present during your first follow-up appointment.

You will notice some redness along the incision line(s). Apply A&D ointment, Aquaphor ointment or Vaseline to the penis and suture lines with diaper changes (or 3 times a day in older children) for at least 2 weeks at home and daycare. This will be soothing to your child and help to prevent the raw surfaces from sticking to the diaper. You may see scabs (brown or yellow) over the suture line; this is a normal part of the healing process.



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Please notify our office if the wounds or incisions begin to look infected (you may notice unusual redness or a discharge) or the swelling becomes excessive.

Signs of infection include:

- Fever
- Excessive redness or swelling
- Any pus-like drainage from the incision

On occasion, you may also notice some spotting on the diaper. This is not unusual following circumcision, so please do not let this alarm you unless the blood looks bright red and the bleeding becomes excessive. If this occurs, please call our office immediately.

Bathing and Showering

You may bathe or shower your child 48 hours after surgery. Until then, give your child sponge baths and avoid the incision site. Once you start bathing or showering, do not aggressively scrub the surgical area. Gently wash around the incisions and pat that area dry after bathing.

For children in diapers, soaking in a tub of clear, warm water twice a day, for five minutes or less, will help the incisions stay clean and heal properly. This can be done for seven days, starting with his first bath.

Starting **7 days after surgery**, gently retract the foreskin and clean under the head of the penis. This should be done with each diaper change or twice daily in potty-trained children.

Pain

Most children do not experience much pain after a circumcision procedure. You will be given a prescription for Tylenol with hydrocodone (Hycet or Norco) if appropriate. If a narcotic pain medication is provided, most children will only need it for 1-3 days following surgery. Narcotic pain medication can cause constipation, so this should be monitored. If your child is experiencing constipation, please begin MiraLAX—1 capful daily or twice daily until soft daily bowel movements resume. If this is not successful, notify our office. If your child is exclusively breastfeeding, you can use an over-the-counter suppository to help with constipation.

Starting the day after surgery, you may begin alternating **Children's Tylenol and Motrin** as directed on the package. Other medications may be prescribed by your doctor, who will explain how to use them. ****DO NOT use Children's Tylenol and Hycet or Norco together (use one OR the other), as this can lead to an overdose of Tylenol.**



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Follow-Up

Your child will have a surgical follow-up in about 4-6 weeks for a post-operative evaluation unless specified otherwise. If you do not have an appointment already scheduled, please call our office to arrange it.

When To Call the Office

- Fever more than 101.5°F
- Your child is unable to urinate
- There is active (dripping) bleeding from the surgery site
- Your child cannot keep liquids down (vomiting)
- Your child is in pain despite the use of recommended medications
- You have other questions/concerns

If you have any questions or concerns **during regular business hours**, please do not hesitate to call the urology nurse at 512-472-6134 extension 103.

During non-business hours, please call 512-406-3112 and ask to speak to the urologist on call.