

2014

# Circumcision

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This pamphlet helps you learn how to care for yourself after your circumcision. Feel free to ask your doctor or nurse any questions you may have.

## What is a circumcision?

Circumcision is the surgical removal of the foreskin of the penis. It takes about 20-30 minutes to do a circumcision. You will not be in the hospital overnight.

**Please note: You must have someone drive you home after surgery.**

## At home

### Controlling discomfort

- Take the pain pills suggested by your doctor.
- Do not take medicine containing Aspirin® (ASA) or ibuprofen (e.g. Advil®, Motrin®).

## Care of your incision

- If you have a dressing, soak it off 24 hours after surgery. Do not use a dressing or bandage after 24 hours.
- There is often a lot of swelling and bruising around the incision (cut) for the first few days. Do not be surprised when you take off the dressing. It may be several weeks before all the swelling is gone.
- Spotting of blood may happen several days after surgery. Go to the Emergency Department if the bleeding continues after 15 minutes of pressure.
- Keep your incision clean and dry.
- Rinse your incision with water. Gently pat dry. It may be helpful to put on Polysporin® ointment or Vaseline® 2-3 times a day. Use a clean cotton swab (e.g. Q-tips®) each time.
- You may shower the day after your surgery.
- Do not have a tub bath.
- Stitches **do not** need to be taken out because they will dissolve on their own in about 7 days.

## **Activity**

- Rest on the day of your surgery. Go back to your usual activities the next day if you are comfortable.
- During the first 1-2 weeks after surgery, try to avoid spontaneous erections, if possible. They may cause some stretching and discomfort in your incision.
- You may go back to having sex again when comfortable and when swelling and tenderness has gone away.

## **Call your doctor if you have:**

- Increasing redness, warmth, or swelling around the incision
- Increasing pain or tenderness around the incision
- Pain that is not relieved by pain pills
- Excessive bleeding or drainage from the incision
- Separation of the edges of the incision
- An odour (smell) from the incision
- Fever
- Chills

**If you need to see a doctor, please contact your family doctor or go to the nearest Emergency Department unless otherwise instructed by your Urologist.**

If you have any questions, please ask.  
We are here to help you.



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The information is not intended to be and does not constitute healthcare or medical advice.  
If you have any questions, please ask your healthcare provider.

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