

# Circumcision

## Useful guidelines for your child's recovery at home

### Diet and fluids

Your son may eat a normal diet post-operatively as tolerated.

### Nausea and vomiting

Don't worry if your son vomits once or twice after the anaesthetic. If they vomit or feel sick, stop giving food for approximately one hour, then try again on a light diet. Most importantly, encourage plenty of fluids. If your child continues to vomit, please contact your family doctor or contact your nearest emergency department.

### Activity

It is important to keep the wound area well protected. For babies, normal activities can occur. For older children, it is important to avoid rough play, including no bike riding until the follow up appointment. Swimming should be avoided until the follow up or as instructed by the surgeon.

### Wound care

- The penis may be left uncovered or may be covered with a waxy-like dressing called duoderm. This is to stay intact until the review appointment.
- If stitches were required, these are dissolvable, and will not need to be removed
- The tip of the penis is left uncovered, however rubbing on underwear/nappies may cause discomfort. Some petroleum jelly put onto the underwear or the nappy will help reduce this.
- The penis might be swollen or appear bruised for up to a week
- Your surgeon may ask you to apply some antibiotic ointment to the tip of the penis two to three times a day for up to a week. Your nurse can show you how to do this.
- If bleeding occurs, apply firm pressure with a clean cloth for five to ten minutes. If the bleeding does not stop, continue pressure and contact the surgeon. For severe bleeding, take your child to the nearest emergency department.

### Hygiene

- Bathing can occur from the day after surgery. If a waxy-like dressing is present it is to stay intact until the review appointment.

- Toileting can occur as normal. The first couple of times your son passes urine it may sting a little. This is because the penis is swollen from the surgery. It is not uncommon for the urine to be slightly blood stained. Encourage your son to drink plenty of fluids and this will help to flush this through.

### Discomfort

Your son may feel some pain or discomfort in the days following surgery. Paracetamol will help with this.

### Medications

- Give your child pain relief as directed
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)
- Do not give aspirin
- If your surgeon has prescribed antibiotic ointment, be sure to apply as directed

### Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

### When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Pain unrelieved by regular pain relief
- Persistent bleeding, ooze, redness or swelling around the wound

### A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

### Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.