

Circumcision

Urologist: _____

Clinic phone: _____

Circumcision

This pamphlet is about how to care for yourself after your circumcision. Please ask your urologist (specialist) or nurse any questions you may have.

What is a circumcision?

- Circumcision is a surgery to remove the foreskin of the penis.
- The surgery takes about 20 to 30 minutes.
- You will not be in the hospital overnight.

You must have someone pick you up from the hospital after your surgery. Do not drive yourself.

After you leave the hospital

Controlling discomfort and pain

- Take the pain pills as told by your urologist.
- **Do not** take medication that contain Aspirin® (ASA) or ibuprofen (like Advil® or Motrin®) unless your urologist tells you it is safe.



Care of your incision (cut)

- If you have a bandage or a dressing, take it off 24 hours (1 day) after surgery. **Do not** use a bandage or dressing after 24 hours. If your dressing falls off before 24 hours has passed, **do not** replace it.
- When you take off the dressing for the first time, you may have a lot of swelling and bruising around the incision (cut). It is normal to have swelling for a few days to weeks after your surgery.
- You may see spots of blood several days after surgery.

If you have bleeding from your incision that does not stop, put pressure on the area by firmly squeezing your penis.

If the bleeding does not stop after 15 minutes of pressure, go to the nearest Emergency Department right away.

- Keep your incision clean and dry. **Do not** rub. It may help to put Vaseline® on 2 to 3 times a day. Use a clean cotton swab (Q-tips®) each time.
- You may shower the day after your surgery.
- **Do not** have a tub bath, or use a swimming pool or a hot tub while your incision is healing.

- Your stitches will dissolve (go away) on their own in 10 to 14 days.

Activity

- Rest the day of your surgery.
- **For 1 to 2 weeks after your surgery:**
 - › **Do not** lift anything over 10 pounds.
 - › Avoid strenuous (hard) activity like shoveling, vacuuming, or sports.
 - › Avoid getting an erection, if possible. This can cause discomfort and your incision to stretch. Erections may also cause your stitches to come apart before they are fully healed.

Sex

- You may go back to having sex again when you feel comfortable and when swelling and tenderness has gone away.
- We recommend you try and wait at least 4 weeks before having sex.

Call your urologist or your primary health care provider if you have:

- › More redness, warmth, or swelling around the incision
- › More pain or tenderness around the incision
- › Pain that does not go away even after taking pain medication
- › A lot of bleeding or drainage (pus) from the incision
- › The edges of your incision come apart
- › A bad smell or discharge from your incision
- › Fever (temperature above 38 °C or 100.4 °F)
- › Chills

If you cannot reach your primary health care provider or your urologist, go to the nearest Emergency Department right away.

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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