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POST-OPERATIVE INSTRUCTIONS FOR CIRCUMCISION (ADULT)

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 6-8 hours following surgery. This is usually due to the side effects of anesthesia, and will disappear quite soon. I would suggest clear liquids and a very light meal the first evening following surgery.

ACTIVITY:

Your physical activity should be restricted the first 48 hours. During that time you should remain relatively inactive, moving about only when necessary. During the first 7-10 days following surgery you should avoid heavy lifting any heavy objects (anything greater than 15 pounds), and avoid strenuous exercise. If you work, ask us specifically about your restrictions, both for work and home. We will write a note to your employer if needed.

- ❖ Ice packs should be placed on and off over the scrotum for the first 48 hours. Frozen peas or corn in a ZipLoc bag can be used and re-frozen. 15 minutes on and 15 minutes off is a reasonable schedule. The ice is a good pain reliever and keeps the swelling down.

WOUND:

In most cases your incision will have multiple sutures that run along the course of your incision. Expect some redness around the sutures. If there is generalized redness, especially with increasing pain or swelling, let us know. The penis will very likely get 'black and blue' as the blood in the tissues spreads. Sometimes the whole penis will turn colors. The black and blue is followed by a yellow and brown color. In time, all this coloration will go away.

HYGIENE:

You may shower 48 hours after surgery. Tub bathing should be restricted until the sutures are no longer present and the wound has healed. If your incision is draining after the sutures are out, do not sit a bathtub without our approval.

MEDICATION:

You may take either Motrin (ibuprofen) or Tylenol (acetaminophen) which, contain no narcotic agents, and might be tolerated a little better, with fewer side effects than prescription pain medications. If the pain medication you are taking does not control the pain, you will have to let us know. Some narcotics cannot be given or refilled by a phone call to the pharmacy.

PROBLEMS YOU SHOULD REPORT TO US:

- A: Fever of 100.5 degrees Fahrenheit.
- B: Moderate or severe swelling under the skin incision or involving the scrotum
- C: Drug reactions such as hives, a rash, nausea, or vomiting.

FOLLOW-UP:

If you do not have a follow up appointment scheduled call the office to schedule one. At your post-operative visit the provider will check your incision and progress, this visit is usually 10-14 days following surgery.