



CIRCUMCISION

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.

ACTIVITY:

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

Ice packs can be placed on and off over the penis for the first 48 hours to relieve the pain and keep the swelling down. 15 minutes on and 15 minutes off is a reasonable schedule. Another way of accomplishing this with less mess is to use frozen peas or corn in a ZipLoc bag. They can be used, re-frozen and used again.

DIET:

You may return to your normal diet within twenty-four hours following your surgery. You may note some mild nausea and possibly vomiting the first six to eight hours following surgery. This is usually due to the side effects of anesthesia, and will disappear quite soon. Clear liquids and a very light meal the first evening following surgery are recommended.

HYGIENE:

You may shower 48 hours after surgery. Tub bathing should be restricted until after the sutures are removed and the wound has healed. If your incision is draining after the sutures are out, do not sit in a tub bath without approval from the physician.

MEDICATION:

You will be sent home with some type of pain medication. In most cases this will be a narcotic pain pill. **DO NOT DRINK ALCOHOL, SIGN LEGAL PAPERS, OR DRIVE WHILE TAKING NARCOTICS (Demerol, Tylenol with Codeine, Percocet, etc.)** If the pain is not too bad, you may take either Tylenol (acetaminophen) or Advil (ibuprofen) which contain no narcotic agents, and have fewer side effects. If the pain

medication you receive does not control the pain, contact your physician. Some narcotic pain medications cannot be given or refilled by a phone call to a pharmacy.

PROBLEMS YOU SHOULD REPORT TO US:

- a. Fever of 101.0° Fahrenheit.
- b. Moderate or severe swelling under the skin incision or involving the penis.
- c. Drug reactions such as hives, a rash, nausea or vomiting.
- d. Pain uncontrolled by pain medications.

FOLLOW-UP:

Call **Washington Urology** at **703-717-4200** to schedule a follow up for your surgery as well as for any questions related to the procedure.