



Post-Surgical Instructions - Circumcision/Frenuloplasty

Wound care

Dressing

The dressing may come off on the day of surgery, or in the shower the day after surgery.

Stitches

The stitches are dissolvable.

They need to be exposed to water at least once a day.

If a stitch falls out early, generally there are enough other stitches or supports to allow healing.

Washing

Shower twice a day - morning and night.

Wash the body as normal in the shower.

Allow water and soap to run over the penis but do not specifically wash the penis until it is healed.

If there is any skin covering the stitches, pull back the shaft skin gently to expose the sutures to water.

Make sure the wound dries completely - pat it with a towel, do not rub it.

Use a hair dryer to gently dry the wound if needed.

Infection and bleeding

A degree of swelling, redness and raised skin is normal after a circumcision.

There may be some inoffensive yellow discharge from areas in between stitches.

Some 'spotting' bleeding is normal for the first few weeks.

If there is more brisk bleeding, apply firm pressure to the bleeding area for 20 minutes. If the

bleeding continues, contact us or present to your nearest emergency department.

Contact us (1800 487 656) if you notice any of the following signs

- Increasing/spreading redness
- Increasingly warm to touch
- Worsening pain
- Purulent ooze
- Fevers, sweats

Activity

Wear tight underwear to support the penis against the body for at least 2 weeks.

Use a sanitary pad between the penis and your underwear to keep the penis supported.

The timeline below is just a guide, if things are sore or not progressing quickly BE CONSERVATIVE and take it slow. Contact us if you have any concerns.

First 2 Weeks

- Take it very easy for 72 hours - Walking is ok but avoid any exercise, straining, lifting or work
- Avoid driving, exercise or anything that puts pressure on the penis (including sex) for 2 weeks
- Light walking and return to non physical (desk job) work is ok after 72 hours
- Take pain killers as needed

2-6 Weeks

- Return to driving if comfortable. Return to moderately physical work (with tight underwear) but avoid heavy straining or direct pressure on the penis (including sex)
- Your postop check will usually be at 6 weeks