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POST-OPERATIVE INSTRUCTIONS FOR ADULT CIRCUMCISION UNDER THE CARE OF DR JAMES CHURCHILL

General care:

- There will be minor swelling and bruising of the penis, which may last several days. Please see the last section below for advice if you are concerned by early swelling and bruising that is getting larger.
- Passing urine is possible from straight after the operation, despite any dressing applied.

Pain relief:

- Local anaesthetic was injected at the base of the penis at the start of the procedure, which makes the penis numb for 8-24 hours. This will wear off.
- Regular paracetamol (Panadol) and ibuprofen (Nurofen) is recommended once the local anaesthetic wears off and may need to continue for 5-7 days.
- Ice packs may be applied to the penis if needed.
- Rest for a few days and wear loose fitting clothing until comfortable.

Wound care:

- A 'Coban' self-adhesive dressing has been placed and this can be removed the next day by unwrapping it from the folded edge. Do not pull it off from the end. If the dressing fills with urine when voiding, remove it. If the dressing falls off before the next day, there is no need to replace it.
- Try to keep the penis dry for 48 hours, by showering and using a towel/sponge to wash; avoid soaking in a bath during this time. Do not swim (pool or ocean) for two weeks, as infections from unusual water-borne bacteria may be difficult to treat.
- All visible stitches will dissolve, usually within two to three weeks. Do not attempt to remove them if they persist but bring this to Dr Churchill's attention at the first post-operative visit.

Function and appearance:

- The exposed head (glans) may feel very sensitive for the first two weeks, particularly if it has not been exposed before. Once the hypersensitivity has settled, the glans will feel a little less sensitive than before the operation.
- The stitch-line will be raised at first and may be slightly separated between stitches. It can take up to six weeks before the penis reaches its final cosmetic appearance. If the glans has not previously been exposed, areas may crust and scab but will heal over this time.
- Erections will continue as normal after the procedure and will not cause damage to the wound. There may be some tightness and discomfort with an erection as the wound heals, and the skin will regain elasticity within a few months. You should refrain from any sexual activity (intercourse or masturbation) for at least two weeks.
- The procedure will have no effect on your ejaculation or fertility.

Should any of the following occur, call the rooms or attend your closest emergency department:

- Uncontrolled swelling under the remaining penile skin or heavy bleeding from the wound after removal of the Coban dressing.
- Fever (temperature of 38C) or chills.
- Pain that does not respond to the pain relief advice described above.