

# Discharge Instructions For Parents of Circumcised Infant

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## **PAIN MANAGEMENT:**

Your child was given local anesthesia prior to their circumcision to decrease their discomfort during the procedure. Once this anesthesia wears off, your baby may respond by being very fussy. To keep your child as comfortable as possible, you may give liquid Tylenol drops for infants according to the instructions on the packaging - please consult your pediatrician for dosing questions. Within a day, your baby should no longer need Tylenol. Skin to Skin contact with a parent and nursing are very comforting to babies during recovery.

## **WHAT TO EXPECT:**

**Expected swelling.** The child's penis may get swollen and discolored from the circumcision. He may also experience some oozing from the site, but no frank bleeding. If there is bleeding, apply firm pressure to the area of the penis that is bleeding (using a gauze pad) for a FULL 5 MINUTES. You will need a timer or watch to time this. After 5 minutes have passed, remove the gauze pad and throw it away. The bleeding should have stopped. If there is still frank bleeding, call your pediatrician immediately.

**Normal healing process.** The penis may develop a yellow film in 1-2 days ("fibrin scab"). This is a part of the normal healing process as long as there is no odor or excessive swelling of the penis. (Call your pediatrician if odor or excessive swelling occurs). DO NOT remove this film; it will come off on its own. Healing will be complete within a few weeks.

**Bathing.** Your child may have a normal bath this evening. Avoid directly cleaning the penis in the bath. When cleaning your child during diaper changes, please avoid the baby wipes that contain alcohol; alcohol not only stings, but it can also cause bleeding. With every diaper change, it is important to apply a liberal amount of Vaseline to the penis - it is easiest to use a tube of Vaseline. This will keep the penis from sticking to the diaper. No bandage or dressing is needed. Continue to apply the Vaseline for 7 days.

**Retraction.** After circumcision, the penis may seem to retreat into the skin on the shaft of the penis. To make sure that this does not become a permanent problem, very gently retract the skin two or three times a day, beginning the day after the circumcision. This can be done by grasping the penis with your thumb and index finger and very gently pulling the skin towards the baby's body. It is important that this be done, but be sure to be very gentle. Continue to do this for 7 days.

## **COMPLICATIONS REQUIRING IMMEDIATE MEDICAL ATTENTION:**

Bright red, continuous bleeding ("Frank bleeding") - Apply firm pressure (pinch between finger and thumb) directly to the bleeding area using a gauze/tissue paper for a **FULL FIVE MINUTES**. You will need a watch to time this. After five minutes, remove the gauze and observe for bleeding. If there is still frank bleeding, apply firm pressure again and call your doctor immediately.

## **CARE OF THE SURGICAL SITE:**

Apply a liberal amount of Vaseline to the head of the penis 3 to 4 times per day or with every diaper change. This will keep the penis from sticking to the diaper/underwear. No bandages or dressings are needed. Continue to do this for 7 days.

## **FOLLOW UP CARE:**

Your child will need to be seen by the surgeon two weeks following surgery. Please call our office the day after surgery to make a post-operative appointment or with any questions.