

Circumcision

What is circumcision?

A circumcision is a procedure to remove the foreskin from the tip of the penis. It is often done shortly after birth but may be recommended later in a child's life for:

- Tight foreskin
- Recurrent (many) infections
- Other penile conditions (i.e. hypospadias)

For newborns less than 28 days old, a circumcision may be done prior to discharge from the hospital or in the office of a primary care provider or pediatric urologist. If your baby is healthy, has a normal physical exam, an in-office circumcision can be performed if under 28 days old.

What happens during in-office consult for circumcision?

Your son will have a physical exam during his appointment and his urology surgeon will discuss with you if an in-office circumcision is suitable for a newborn or recommend it be done at the hospital with general anesthesia. Your son's urology surgeon will discuss the risks and benefits of circumcision and answer all your questions.

What happens during in-office circumcision?

Several steps are taken to minimize discomfort for your child during the procedure. A local block (numbing medicine) will be given. An oral pain reliever (Tylenol® or another brand) and a pacifier dipped in sweetened water will be offered. The foreskin is freed from the head of the penis, and the excess foreskin is removed. Surgical glue is used around the circumcision incision. Rarely stitches are needed to control bleeding.

What happens during surgery?

Surgery takes 20-30 minutes. Your son will receive general anesthesia to help them sleep and not feel pain during surgery. A local block (numbing medicine around the surgical area) will be given. The foreskin is freed from the head of the penis, and the excess foreskin is removed. Stitches that dissolve or surgical glue may be used. Your surgeon may apply a dressing.

Will my child be in pain?

Most infants and children do well with the procedure.

- For infants under 6 months of age pain can be controlled with Acetaminophen (Tylenol® or another brand).
Do not give aspirin because it may cause bleeding.

- For infants over 6 months of age pain, children and adolescents, pain can be controlled by alternating Acetaminophen (Tylenol® or another brand) and Ibuprofen. Do not give aspirin because it may cause bleeding.

What can I expect after the procedure?

The penis may be red, bruised, and swollen. The incision may ooze a little blood for the first few days. Complete healing will take a few weeks. If there are stitches, they will dissolve on their own within 2-4 weeks.

Before your child is discharged you will be given written information about his care at home and any questions you have will be answered.

FOLLOW YOUR SURGEONS' SPECIFIC POST OP CARE INSTRUCTIONS

- **Diet:** Resume regular diet as tolerated.
- **Activity:** May return to school or daycare when pain is well controlled. Avoid straddling activities, contact sports and swimming for 14 days.
- **Wound care:** You will need to check the penis every 3-4 hours during the first day to check for bleeding. The head of the penis may appear dark pink and develop swelling and bruising. Surgical glue may have been used at the end of the circumcision to hold the skin together as it heals over time. If glue was applied, follow your surgeon's specific post op instructions regarding application of additional ointment or cremes.
 - You may be instructed to apply a generous amount of ointment with diaper changes, or 4 times daily for approximately 2 weeks if no surgical glue was used or once the glue has come off. Glob the ointment on and let it melt around the area. The ointment helps decrease irritation and protects the skin.
- **Bathing:** Ok to take a bath 24 hours after procedure. Bathe (5-10 minutes) in plain water for the next week. A warm bath daily will help with healing and provide comfort. Do not wash off the white or yellow tissue, this is a normal part of the healing process. Apply Aquaphor® or Vaseline® to head of penis after bathing.
- **Medicines:** For infants under 6 months of age pain can be controlled with Acetaminophen (Tylenol® or another brand). For infants over 6 months of age, children and adolescents, pain can be controlled by alternating Acetaminophen (Tylenol® or another brand) and Ibuprofen. Do not give aspirin because it may cause bleeding.

What to call the doctor for:

- Fever associated with increase in redness or drainage at surgical area.
- Significant swelling, bruising, or bleeding at surgical area.
- Wound separation
- Dry diaper or no urination for greater than 8 hours
- We ask that you call your child's primary care provider for other concerns.

Follow-up care:

- Follow-up with your child's surgeon as directed following the surgery. Call your surgeon's office to schedule an appointment (612)813-8000 option #3.

Questions?

- This information is not specific to your child but provides general information.
- If you have any concerns or further questions, please call our clinic at (612)813-8000 option #6 for the nurse message line.
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