

Make an appointment to see Dr. _____

in _____.

Call _____ to make an appointment.

If you have any questions, please do not hesitate to call your doctor.

Special Instructions:

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807) 468-9861

DISCHARGE INSTRUCTIONS FOR ADULT CIRCUMCISION

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

Our Communities  Our Hospital
LAKE OF THE WOODS DISTRICT HOSPITAL

After the Surgery

- A small amount of swelling and redness is normal after a circumcision. Bruising of the penis is not uncommon. In time, the discoloration will go away.
- During the first 48 hours, covered ice packs can be placed over the penis for 15 minutes every hour as needed to relieve pain and swelling.
- Wear loose fitting underclothing to prevent friction against the penis.
- In the first few days after surgery, a yellow-white film may develop on the head of the penis. This is not a sign of infection. **Do not forcibly remove.** As the healing progresses, this will disappear.
- Expect some redness around the sutures. The sutures around the penis will gradually dissolve.

Dressing

- Keep the initial dressing clean and dry after surgery.
- You may remove the dressing in two to three days.
- Be sure to soak the dressing well, (shower) and then gently remove.

Hygiene

- Sponge-bath only for 4 days following your surgery. Tub bathing should be avoided until sutures have dissolved and the wound is healed.
- Be careful not to swipe the incision with a washcloth or towel, and don't use any scented soaps or gels for several weeks. Pat the area dry to reduce sensitivity.
- After 4 days, you may shower. This will also assist with removing the dressing. (be sure to soak dressing well)

Diet

- Unless otherwise instructed, you may resume your regular diet. If you have nausea, consume only clear fluids and light meals until it passes.
- A diet high in protein will promote healing.

Activity

- During the first few days following surgery, you should restrict activity, avoid lifting any heavy objects (greater than 15 pounds) and avoid strenuous exercise.
- Resume activity after a few days, and your doctor will advise you when you can return to work.

Medications

- Resume your regular medications unless otherwise instructed.
- The doctor may prescribe pain medication for discomfort, take as directed, do not take additional Tylenol with it.
- If the pain is low, and you do not need the narcotic, you may take over the counter Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin.)

Sexual Activity

- To reduce nighttime erections pulling on the stitches or bleeding during the first few days, empty your bladder before retiring and a few times during the night.
- You may resume sexual intercourse after sufficient healing time. Speak to your physician if unsure.

If you have been given anesthesia or sedation

- **Do not drive** or operate machinery for 24 hours.
- Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
- Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
- Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
- You must have a responsible adult with you tonight at home.

Notify your doctor or go to an Emergency Department if any of the following occur:

- Excessive pain not relieved by medications, or a sudden increase of pain.
- Persistent nausea or vomiting not relieved by over-the-counter medications.
- Unable to pass urine.
- Abnormal redness, or drainage of pus from incision.
- Bleeding from the incision.
- Severe swelling of the incision area or penis.
- Fever (over 38°C or 100°F) and/or chills