

## Circumcision - Teen

### Post-op Instructions

#### Appearance

- After the circumcision, your son's penis may be red, swollen, and bruised for several days.
- Your son might have a small amount of bleeding at his surgical site.
- If the penis is actively bleeding, you will need to apply pressure to the area (squeeze gently). Apply pressure to the area for 5 minutes without removing your hand to check the penis. Usually five minutes is enough to control the bleeding but if this does not work, apply pressure for 10 minutes more and call the hospital number listed below.

#### Dressing/Wound Care

- Your son may have a dressing over his penis. The dressing should be removed in \_\_\_\_\_ days. You can remove the dressing by soaking in a warm bath. If the dressing falls off before \_\_\_\_\_ days, you do not need to replace it.
- After the dressing is off apply Bacitracin three times a day for 7 days and then apply Vaseline three times daily.
- You son may have stitches- these will dissolve on their own over time.

#### Activity/Bathing

- Your child may not use a bike and should not participate in vigorous sports or gym for \_\_\_\_\_ weeks.
- Your child can return to school when he is no longer having pain.
- Your son may shower \_\_\_\_\_ days and bathe \_\_\_\_\_ days after the procedure.
- Adolescents and young adults need to avoid sexual activity including masturbation for 4 weeks after the circumcision.

#### Pain Management

- Your son may have some soreness after circumcision
- Give your son the medication as prescribed by his surgeon.
- Wear loose clothing and rest after surgery.

## Nutrition/Bowel Movements

- You child can return slowly his regular diet after surgery.
  - When you get home after surgery give foods to help prevent stomach upset- apple juice, popsicles, ginger ale, Jell-O, soup & crackers, or toast.
- Your child might vomit from the anesthesia on the day of surgery, but this should stop by the morning after surgery. Call the office if vomiting persists.
- Your son should have regular bowel movements but may experience some constipation after surgery.
- Encourage fruits, vegetables, & juices after surgery to prevent straining.
- If your son does not have a bowel movement within 24 hours after surgery, he should take one capful of Miralax mixed into 6-8 ounces of fluid twice a day until he has a bowel movement

## Call the hospital if your child experiences any of the following:

- Bleeding from the incision or around the stitches.
- Fever of 101° F or higher that is not related to a cold or virus.
- Upset stomach or vomiting after the first day home.
- Has pain that is not relieved by medication.
- Seems to be straining or unable to urinate.

## Phone Number

Department of Urology – 508-334-8765

## Find this handout and more at:

<https://www.umassmed.edu/urology/patient-education/pediatric-patient-education/>