

Circumcision Post Operative (Post-Op) Instructions



Your child is going home today. They will need your help to get better after their surgery. Here are some tips to help you take care of them:

Pain

Your child got pain medicine during and right after their procedure. They also got some medicine to numb the area. It's normal for your child to feel some discomfort from the procedure. Here are some pain medicines you can give to your child:

- **Acetaminophen (Tylenol):** You can give acetaminophen (Tylenol) every 4 hours as needed for pain. Follow the instructions on the medicine box based on your child's weight.
- **Ibuprofen (Motrin):** You can give ibuprofen (Motrin) every 6 to 8 hours as needed for pain. It can be given with Tylenol. Follow the instructions on the medicine box based on your child's weight.
- **Oxycodone:** Oxycodone can be given for a first few days after the procedure if needed, but if the pain isn't too bad, just use regular Tylenol or Motrin. Oxycodone can cause constipation, so your child might need a stool softener like Miralax. This will make it easier for your child to poop.

Dressing

- The medical team put a multi-layer dressing on the penis. If it falls off by itself, you don't need to put on another dressing.
- You can take off the dressing 2 days after surgery if it hasn't fallen off. You don't need to do it all at once. You can do it over a few days, if needed. Give your child pain medicine 15 minutes before removing the dressing.

Remove all layers of the dressing. There is a clear tape tab with an arrow showing how to unwrap the dressing. The first layer is an elastic bandage, and the second layer is a cotton gauze bandage. If the dressing is dry and sticks to the skin, you can use water to help remove it by:

1. Pouring water on the dressing.
2. Putting a very wet towel over the penis and covering it with a diaper for 5 to 10 minutes.
3. Soaking in a tub for 5 to 10 minutes.
4. Repeat as needed.

Use Bacitracin ointment on the head of the penis. Apply it 3 times a day or at each diaper change for 2 days or until you remove the dressing. After removing the dressing, use Vaseline or Aquaphor at each diaper change or 3 times a day until the follow-up visit.

Appearance

- It's normal for the head of the penis to be red and swollen. You might also see some yellow or green soft material at the stitches. The swelling will take a few weeks to go down, but you should see a big improvement after 2 weeks.

Urology

Bleeding

- It's normal to see spots of blood on the diaper or underwear. If there's bleeding or oozing from the stitches, press gently with a clean washcloth for 5 minutes to help stop it.

Call our office if the bleeding doesn't stop after 5 minutes of pressure.

Urine Output

- Your child's urine (pee) output should be normal, but they might feel some discomfort when peeing on the first day.

Call our office if your child hasn't peed in 8 to 12 hours.

Fever

- A low-grade fever is normal in the first 24 hours after surgery. Give fluids and Tylenol for fevers below 101°F or 38°C.

Call our office if your child has a high fever (above 101°F or 38°C) even after giving Tylenol.

Activity

- Your child was put to sleep (general anesthesia) for the procedure. They should rest today and be watched closely.
- They can go back to daycare or school once they stop taking Oxycodone. Older children may need up to a week off to recover.
- Avoid rough play, exercise, and wrestling for the first week. Avoid straddle activities, like biking and straddle bouncers for 2 weeks.

Bathing

- Give your child sponge baths for the first 2 days. After that, they can have regular showers or quick baths.

Diet

- Your child can eat normally once they can drink fluids without vomiting.

After Surgery Visit

- Your child will have a follow-up appointment in the clinic in 4 to 6 weeks after surgery. Call (323) 361-2247 to schedule the appointment.

Important Phone Numbers

| Urology Clinic | |
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| During Regular Business Hours <ul style="list-style-type: none">• Call (323) 361-2247• Monday to Friday, 8 a.m. to 4:30 p.m. | During Evenings, Weekends or Holidays: <ul style="list-style-type: none">• Call (323) 660-2450• Ask the Operator to page Pediatric Urology on call. |

Urology

4650 Sunset Blvd., Los Angeles, CA 90027 | CHLA.org

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