

**UCSF Pediatric Urology
Child and Family Information Material**

Circumcision

Post-Op Instructions for the Adolescent Circumcision

Activity:

Quiet normal activity is recommended. Avoid rough or active sports for the two weeks following surgery, as they may cause oozing from the incision.

Bathing:

It is best to avoid full-body bathing until the 2nd day after surgery. It is ok to have a sponge bath. After the third day you can shower or bathe as normal. Avoid vigorous scrubbing of the incision site. Just let the soapy warm water run over the incision and pat it dry.

Incisional care:

A wrap-around dressing is usually applied to the penis. The bandage should be removed on the 2nd day after surgery if it has not fallen off on its own. Often the bandage does fall off and it is not a major concern. Bandage removal can be facilitated by sitting in the bath or shower for 10 minutes, then unraveling the bandage completely. After the bandage is off, leave your penis open to air and apply Vaseline or bacitracin ointment around the sutures, several times each day. This will prevent the dry edges of the incision from sticking to your clothes. Expect some oozing and bruising from your incision, as this is a normal part of the healing process. It may be helpful to apply gentle pressure with a tissue.

If you experience heavy bleeding, notify our office. If there is any oozing from the incision, apply gentle pressure with a tissue. The oozing should stop within a few minutes.

If this is not the case, notify our office at **415 353 2200**.

Pain Control:

Pain from the operation may be relieved with Tylenol or Tylenol with codeine (if this has been prescribed). Follow the dosage directions on the bottle.

Follow up:

Please make an appointment for a post-operative visit approximately 4 weeks after surgery by calling us at **415 353 2200**. If you have any other questions, please don't hesitate to call our office at this phone number.

See the next page for contact information.

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Appointments & Location

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400 Parnassus Avenue, Suite A-610

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