

Adult circumcision postoperative instructions

What is it?

Circumcision is a surgical procedure that removes the foreskin of the penis.

After surgery, what should I expect?

You will awake from surgery in the recovery room where you will stay for up to two hours while the anesthesia wears off.

- Expect some minor bleeding and oozing around incision site for the first week after surgery.
- Expect swelling of the penis and bruising on scrotum and base of penis that should start to diminish within two days.

Diet and activity after surgery

- As you are able to tolerate it, you may return to a regular diet.
- Abdominal distention, constipation or bloating: Take a stool softener as directed. If you still have no movement after 24 hours, it is safe to use a Docolax suppository.
- You will be asked to walk soon after surgery to return circulation, breathing and bowel function back to normal. This is very important in preventing the occurrence of blood clots.
- Walk at least three times a day, gradually increasing your distance.
- You may shower 48 hours after surgery. Be sure to rinse the incision site carefully and pat dry. Avoid soaking in water of any kind (bathtub, hot tub, lake, swimming pool, etc.) until the incision site is completely healed. Healing time is approximately six weeks.
- Your wound should begin to heal in two days and your absorbable stitches should disappear in 10 to 12 days.
- Avoid lifting any weight over 15 pounds for the first two weeks after surgery.
- Dressing may be removed 24 hours after surgery.
- Abstain from intercourse and masturbation for four weeks after surgery.

If you experience any of the following, please contact our office:

- Your incision becomes red, swollen or feverish.
- Fever over 100.4° F, uncontrolled pain, nausea or vomiting.
- Difficulty passing urine.
- Large amounts of drainage from incision site or opening in the site.
- Bruising on the lower abdomen.
- Worrisome bleeding.

Please call our office at 503-561-7100 with questions. Office hours are 8 a.m. to 5 p.m. In the event of an emergency, call 911.

SHMG-2689 457277