



Post-operative care following circumcision

What to expect after your circumcision?

Some pain is to be expected around the wound site. The nurse will check how you are feeling and give you painkillers, if necessary. A small amount of bleeding from the wound may also occur. Nurses will monitor the wound site and apply further dressings, if necessary. You can usually go home when you are comfortable and the effects of the general anaesthetic have worn off.

NOTE: a general anaesthetic can temporarily affect your co-ordination and reasoning skills, so you will need a responsible adult to take you home and stay with you for the first 24 hours. During this time, it is also important you do not operate machinery, drive or make important decisions.

Before your discharge, the nurse will advise you about your post-operative care and will give you a supply of painkillers. Your GP will be notified of your treatment. After discharge, you are advised to see your GP for any follow up requirements.

If the surgeon does wish to see you again, you will be notified of this prior to discharge and appointment card will be posted to you.

How much pain can I expect?

It is normal to experience some pain around the wound site over the first few days. It is therefore important for you to take painkillers regularly over the three days following your operation (but remember that you should not exceed the stated maximum daily dose). If the level of pain is still not acceptable to you, your local pharmacist should be able to offer you advice. If pain should become increasingly worse, you should consult your GP. You may notice some discomfort for several weeks after the operation

How do I care for my wound?

You can remove the wound dressing after 3 days. Try to keep the dressing dry for 3 days. You should then shower or bathe daily. You should try your dressing during shower. Over the first week or so, you may notice a sticky discharge around the wound that should be gently washed away. Soap and water is adequate and you may wash as often as you wish. Between washes it is important to keep the area clean and dry until healed. Most stitches are self-dissolving and will dissolve after a few weeks. Marked swelling and bruising of the penis is common after surgery and should subside over a couple of weeks. If your wound should become increasingly painful, swollen or mucky you should see your GP. Rarely a bleed can occur from the wound several days after surgery. If this should occur, apply gentle pressure to the wound using a clean cloth. Any bleeding should subside after a few minutes. If bleeding continues or becomes very profuse, you should attend the nearest emergency department.



What activities will I be able to do after my surgery?

After your surgery you can return to normal physical activities when you feel comfortable, although it is wise to avoid heavy or strenuous activity for the first couple of weeks. It is important to avoid sexual activity for at least four weeks as this may cause pain and bleeding.

When can I return to work?

You can return to work as soon as you feel well enough-usually after a few days. If your work is heavy or strenuous, you may need about two weeks off work.

When should you contact my rooms?

- If you have a fever above 38.5 °C, chills or shakes
- Increasing pain, redness, swelling, or discharge of the wound site
- Bleeding that soaks through dressings and onto clothes
- Unable to urinate

For further information:

If you have any concerns or questions, please contact as below:

- Urology nurse: 03 8415 1915 (during business hours)
- Ward 1 East, Epworth Freemason hospital: 03 9483 3602
- Your surgeon: (contact details on card)