

## **Wound care and guidance following foreskin removal (circumcision)**

### **Wound care**

The wound was closed with dissolvable thread, so the stitches will fall off naturally over a period of four to six weeks. If a gauze has been applied as a wound dressing, only apply cream once it has fallen off. Apply the prescribed cream after every urination, and at least three times a day. To do so, put a generous amount of Bepanthen® cream on a tissue and wrap it around the end ('glans') of the penis. This prevents the penis sticking to your child's underwear or nappy. If your child complains that the wound is painful, you can add some Instillagel® to the cream to reduce sensitivity. After surgery, there may be some swelling and bluish discoloration of the penis, but this usually disappears after a few weeks (sometimes longer). If strong adhesions between the glans and foreskin had to be detached during the operation, a greasy coating can often develop, but you can keep this supple by applying Bepanthen® cream and it should disappear after a few days. On the second day after the operation, start to give your child camomile-tea baths twice daily. These baths accelerate wound healing and provide effective disinfection. Alternatively, you can also use pH-neutral soap. Avoid all products containing perfume or other additives. Please also make sure the water temperature is not too hot.

### **Post-op pain and tenderness**

In addition to general anaesthesia, local anaesthesia is usually applied to keep your child pain-free for several hours after the operation. A slight burning sensation is possible the first few times they urinate. Encourage your child to drink a lot so their urine is more diluted and the burning sensation reduced. If your child becomes restless or complains of pain in the wound area, you may give him the painkiller prescribed by your doctor.

### **Food after the operation**

On the evening of the day of the operation, your child should only have a light meal, such as mashed potato, pasta or yoghurt. Please avoid fatty or gassy foods.

### **Physical activity after the operation**

Sports activities (football, cycling, school gymnastics, etc.) should generally be avoided for two weeks after the operation. For the first two or three days after surgery your child should – if practical – stay as quiet as possible at home and lie down a lot, especially if there is swelling.

### **When to seek medical attention**

- If blood is oozing or dripping out of the wound – apply a compression bandage!
- If there is a sudden and severe swelling of the penis, contact the UKBB Emergency unit immediately.
- Your doctor normally checks the wound 3 to 5 days after surgery. If you have any concerns at all or questions, please contact the UKBB on the 24-hour emergency helpline +41 61 704 12 12.