



Naval Medical Center Portsmouth
Urology Clinic
757-953-2341/2342

ADULT CIRCUMCISION INFORMATION SHEET

PRE-OP INFORMATION: (Before the Circumcision)

You must inform your Command you are having an elective procedure. You will be given a 72-hour SIQ and 2 weeks light duty chit after the procedure is completed to be taken back to your command. You must arrange for someone to take you home after the procedure. Avoid Aspirin, Motrin (Ibuprofen) and other medications containing similar type products such as: Advil, Alka Seltzer Plus, Naprosin, and etc. 7-10 days before your surgery. Skip breakfast and avoid drinking or eating after 0200 the morning of the procedure. Take a shower prior to arriving at the Urology clinic. Wear loose fitting clothing (sweats, workout clothes, etc.). Check into the clinic **30 minutes** before your scheduled procedure time.

Warning: If you do not have a driver available to take you home, your procedure will be canceled.

THE PROCEDURE: After your lower abdomen, penis, scrotum, and thighs have been sprayed with an antiseptic spray, you will be covered with sterile sheets. Do not put your hands on the sheets as this will contaminate the surgical field. Your penis will be numbed by injecting a local anesthetic under the skin at the base of the penis. This will sting for a few minutes. Your penis will be numb for approximately 1-2 hours. After the excess skin is removed, the skin edges will be brought together using an absorbable suture. These sutures will dissolve/fall off in about 1-2 weeks. A dressing will be placed around the penis. The procedure normally takes about one hour to perform.

COMPLICATIONS/RISKS: The main complications from the procedure are bleeding and infection. Both of which are uncommon. The main discomfort with the circumcision is from the stitches. You will find that every time you move, the stitches will tend to rub against your clothing and cause varying degrees of discomfort. This will continue until the stitches are gone.

POST OP COURSE: (After the Circumcision)

You will be given a prescription for pain control and possibly a prescription of amyl nitrate, which is a capsule you break and inhale to decrease erections, which can be very uncomfortable. Generally the discomfort of an erection prevents it from persisting. However, some people may benefit from the effects of amyl nitrate. This medication often gives people headaches, which for some may be more uncomfortable than the erection. Amyl nitrate has also been known to give the user a “rush” sensation and hence, the potential for misuse. A dressing will be placed around the penis. **THIS MUST BE TAKEN OFF THE FOLLOWING DAY.** Failure to remove the dressing may cause it to dry and be cemented to the stitches, making it very painful to remove later. If the dressing falls off early, keep the incision clean. If the dressing is difficult to remove, a warm shower will make it easier to remove. Vaseline petroleum jelly, bacitracin, or Neosporin ointment may decrease the irritation caused by rubbing of the stitches with your clothing. Apply



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liberally to the incisions. You may start to shower 24 hours after your surgery. Avoid soaking the wound for two weeks. This means no baths, swimming, saunas, or Jacuzzi's, etc. for two weeks. Your sutures will dissolve on their own in approximately 7-10 days. As they dissolve, they may react with the skin and produce a scant amount of brownish discharge, which is normal. You may remove the discharge with a solution of hydrogen peroxide and water combined in equal parts if regular cleansing fails to remove it. There are no diet restrictions; however, the narcotic you will be prescribed may cause constipation. Increase your water, whole grains, fruits and vegetable intake to lessen the effects of the medication.

ACTIVITY RESTRICTIONS: Spend the first 24 hours following surgery laying down, getting up only to go to the bathroom and eat. An ice pack to your penis is helpful to minimize swelling and may add some comfort within the first 12 hours following surgery. After the first 24 hours, you may resume light activity. No lifting greater than 20 lbs., no running, weight lifting, abdominal exercises or other physical activity for 2-3 weeks. No intercourse or sex for 6 weeks. Failure to follow this advice has resulted in severe complications, which may lead to the loss of your penis.

REASONS TO COME BACK: Because the vast majority of circumcisions heal without difficulty, we do not routinely schedule a post-op appointment. However, should you experience any of the following symptoms please contact us for evaluation:

1. Increasing or persistent pain beyond one week. Pain with movement is normal until the stitches completely dissolve. However, if there are tender areas on the shaft of your penis that persists or worsen one week from the surgery, you need to be seen for a possible infection. You may also experience foul smelling draining from the incision and/or a fever greater than 101 degrees Fahrenheit.
2. Swelling of the penis greater than 50%.
3. Persistent bleeding. A little oozing around the stitches is normal. If there is a constant drip even after five minutes of gentle pressure, you need to be seen.
4. Clear yellow discharge or "wet scab" appearance is normal. Thick creamy yellow pus drainage is not and needs to be evaluated in the clinic.

Every effort is made to return calls as promptly as possible; however, your Urologist may not be able to speak with you at the moment you call. Please leave a phone number where you may be reached both during the day and after normal working hours to assist us in returning your call that day. If you really feel your problem is an EMERGENCY, state this to the person who takes your call, call 911, or report directly to the Emergency Room.