



PEDIATRIC UROLOGY

Home care after circumcision or penis surgery

What to expect

After surgery, your child will have some soreness, bruising, and swelling in the affected areas.

- Any stitches will dissolve on their own. The doctor does not need to take them out.
- Your child may have a bandage or clear plastic wrap on the surgery area. This can fall off on its own, shortly after surgery or several days later. Take it off if:
 - Poop gets underneath it
 - It starts to bunch up anywhere on the penis
- If the doctor used skin glue instead of a bandage, it usually falls off after one or two weeks. It is okay for the skin glue to get wet.

The head (tip) of the penis may have a yellowish or crusty film on it. Put antibiotic ointment (bacitracin) on the surgical cut 2 to 3 times each day. Or do it every time you change your child's diaper, if he wears diapers.

- Use the antibiotic ointment (bacitracin) for 2 weeks. Use it on the stitches, too, if your child has them.
- Check your child's penis each time you change his diaper (every 3 to 4 hours) or when he goes to the bathroom.

Eating and drinking

- Your child may have an upset stomach or throw up after anesthesia. Start off with things like juices, popsicles, water or ice. If your child is hungry give them a small, light meal. For example, they can try eating some toast without butter or some plain rice and applesauce. Make sure they are drinking plenty of liquids.

Activities

- Your child should be very careful walking and doing basic activities for 24 hours after the end of their surgery. This is because having general anesthesia can affect their coordination. Older children should not drive, take tests in school or be left alone for 24 hours after the end of surgery.
- No sports, bike riding or straddle toys, walkers, swings, jumpers or climbing structures for 2 weeks. Try to keep your child's activity level low during this time.
- Your child should use their car seat, booster seat or seat belt normally. You should not adjust or change anything after surgery.

Bathing and water

- Short tub baths or showers are fine 48 hours (2 days) after surgery. You can use regular soap and water.
- No swimming until 2 weeks after surgery.

Medication

For mild to moderate pain:

Give your child ibuprofen (Advil, Motrin) and acetaminophen (Tylenol). Give one, but not both, every 3 hours. For example, if you give ibuprofen first, give acetaminophen 3 hours later. Then 3 hours later give ibuprofen again. Keep switching back and forth during the day and night as needed.

For severe pain:

The doctor might have prescribed pain medication for your child. Only use it for severe (very bad) pain. Your child may not need this at all. If you think your child has severe pain, but you did not get a prescription for pain medication, call our office right away.

It is OK to:

- Give pain medications less often or not at all if you think your child is comfortable without medication. Make sure you are writing down the time and name of medications you give. Use pain control methods like comforting, breast feeding, bottle feeding, ice packs, distraction, and limiting your child's activity.
- If you have leftover medications after your child gets better, please talk to your pharmacist about getting rid of them. Do not put them in the sink or flush them down the toilet.

Constipation

- Your child may be constipated after surgery, or they may not. If they have small, hard or painful poop, this is from the anesthesia and pain medications they received.
- If your child is constipated before surgery, you may want to consider doing the following things.
 - Give them more liquids, unless your doctor tells you not to.
 - Give them more foods that are high in fiber, such as whole wheat bread.
 - Give your child apple, pear or prune juice to drink.
 - Give your child medications such as MiraLAX or suppositories, if approved by your doctor.

If your child has never taken medications for constipation, talk with your doctor first.

Using MyChart for medical information

MyChart is a way to get your child's medical information online. Please set up a MyChart account for your child as soon as possible, if you do not have one.

- You need to call our office or go to the front desk during business hours to get an account.
- It is best to have MyChart set up **before** your child's surgery.
- You can use MyChart to send messages to your child's doctor. You can also send us photos after surgery and ask general questions.
- If you are sending a MyChart message with a photo or an urgent concern, you **must** call our office as well. This lets us know to check the message right away.

When to call your doctor

Call us at **503-494-4808** (8 a.m. – 5 p.m., Monday – Friday) if you have questions, concerns or your child has any of the following:

- **Swelling** (a small amount is normal)
- **Bleeding** (small dots of blood is normal)
- **Fever** of 101 degrees or higher
- **Redness, pain** that is getting worse or **pus** coming from the surgery area
- **Pain even after pain medicine is given**
- **Not eating or drinking well, or unusually fussy or tired**

You may also call us toll free at **1-888-222-6478** and dial extension **4-4808**. After hours and on weekends and holidays, call **503-494-8311** and ask for the pediatric urology doctor on call.