

PERIOPERATIVE SERVICES

Post-Operative Instructions **Circumcision Surgery**

PAIN:

You may experience pain after your surgery, especially at night as erections are common when sleeping. Your Surgeon will prescribe pain medication; take as directed.

OPERATIVE SITE:

You will have a Vaseline™ dressing over your incision. Remove the dressing the day after surgery if it has not already fallen off. You can sit in a bathtub of warm water to soak the dressing off. Apply polysporin™ ointment 2 – 3 times a day for the first few days after surgery. Avoid hot tubs, saunas and swimming until your Physician authorizes it.

ACTIVITY:

You may resume regular activities when you are able. Ask your Surgeon when you may resume sexual activity.

DIET:

Resume your regular diet the day following surgery. Increase the amount of fibre in your diet in order to prevent constipation. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

FOLLOW-UP:

Your Surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a Nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

ADDITIONAL INFORMATION:

Resume other prescribed medications you were taking prior to surgery, unless you have been told otherwise.

CONTINUED ON OTHER SIDE →



Queensway
Carleton Hospital

Call your Surgeon or go to the nearest Emergency Department if you have any of the following complaints:

- excessive bleeding
- elevated temperature (38°C or 100.4°F) and/ or chills lasting more than 24 hours
- swelling
- severe pain not controlled by medication

Do not take blood thinners or medication containing Aspirin™ until directed by your Surgeon.

Patient safety is very important to Queensway Carleton Hospital and this information is provided to patients and their families to help inform you of your essential role in your own safety.

The information contained on this sheet is not specific medical advice, nor a substitute for medical advice. For your safety, it is advised that you speak with your Doctor and Healthcare Team about your particular healthcare needs.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.