



# COMPREHENSIVE

## UROLOGIC CARE

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### Circumcision

#### *Postoperative Instructions*

##### Diet:

You may resume a normal diet as soon as you feel ready after your procedure. It is common for 24 hours after anesthesia to avoid heavy meals and start slowly with clear liquids. Eat plenty of fiber-rich foods for the first 1-2 weeks. Alcoholic beverages are best avoided in the first 24 hours and while taking any narcotic pain medications.

##### Activity:

It is important to avoid strenuous activity and/or exercise for the first 1-2 weeks after your procedure. This includes avoiding golfing, tennis, jogging, working out/stretching activities, lawn work such as mowing, raking, shoveling, and any lifting more than 15 lbs. You may shower 48 hours after your surgery, but should not soak in a bath, hot tub, or swimming pool for at least 2-3 weeks. Sexual activity is prohibited for 4-6 weeks after your circumcision. Discuss any specific work-related concerns you have with your urologist.

##### Medications:

Your urologist will likely prescribe a narcotic pain medication – take this as needed per the instructions. Note that these medications can cause stomach upset and constipation. A preventative antibiotic may be given for a 24 hour period after your surgery.

It is important that if you take a daily blood-thinning/anti-platelet medication (Coumadin/Warfarin, aspirin, Advil/Motrin, Lovenox, Pradaxa, Eliquis, Xeralto, Plavix, etc.) that you only restart this as instructed by your physician.

##### Dressing:

Your dressing may be removed in 1-2 days. Your circumcision should be kept clean and dry. You may shower 48 hours after surgery, but do not soak. You may apply antibiotic ointment (Neosporin, Bacitracin) to your circumcision twice per day in a thin layer. Some bruising, swelling, and spotting of blood is common after a circumcision.

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### Bowels:

It is important to avoid constipation as you recover from your surgery. Drink plenty of fluids, especially water. Narcotic pain medication can be constipating, and it is important to take an over-the-counter stool softener/laxative to help prevent constipation (Miralax, Milk of Magnesia, Colace, etc.)

### Expected Symptoms:

It is normal after surgery to have some swelling and bruising in the penis. This can sometimes extend down into the scrotum and may take several weeks to resolve. Spotting of blood from the incision can be normal. It may take several weeks for sutures to dissolve. Contact us if there is increased redness, severe pain, swelling or bleeding, fevers/chills, and/or cloudy drainage from the incision.

### Follow-Up Appointment:

Our office will contact you to schedule your follow-up appointment. This will typically be in 1-2 weeks.

### Pathology Results:

Any pathology results from your procedure will be reviewed with you at your follow-up appointment with your urologist. Results will not be provided over the phone.