

Patient Instructions

After Your Circumcision

The basic information presented here was developed by clinicians. It may differ to some extent from your particular situation. This information is intended to be used only in conjunction with professional guidance from healthcare providers.

1. When you return home you must stay off your feet as much as possible, until the next day. It is best to lie down or sit with your legs propped up. This is to prevent swelling and bleeding. You may get up for meals and to use the bathroom.
2. On the day after surgery, you may walk as much as you like. However, **do not undertake any strenuous activities (running, bike riding, weight lifting, etc.) for at least 2 weeks after surgery.** When you do resume your normal physical activities, build back slowly at first.
3. Remove the dressing over your incision 2 days after surgery. Expect a lot of swelling along the incision for about the 1st week after the dressing comes off. The stitches in the skin will dissolve and fall out after 1-2 weeks. Start using antibiotic ointment along the incision (twice daily for 1 week) as soon as the dressing comes off.
4. The pain medication prescribed (Vicodin or Tylenol #3) is a narcotic. Remember, you cannot drive or operate dangerous machinery while taking a narcotic, since your alertness will be impaired. After a few days, try taking acetaminophen (Tylenol) or ibuprofen (Motrin, Advil, Nuprin) instead, since this will probably be strong enough and does not have the side effects that a narcotic has.
5. You may also be prescribed a prescription for antibiotics pills. Take these until they are all gone.
6. It's okay to shower for the 1st time on the day your surgical dressing is removed. However, don't get in a tub or go swimming until at least the end of the 1st week. When showering, don't try to scrub your incision, but it's okay to let it get wet. Gently pat it dry afterwards.
7. Signs of infection are fever, redness along the incision, or pus draining from the incision. Call us at once if you develop these symptoms.