

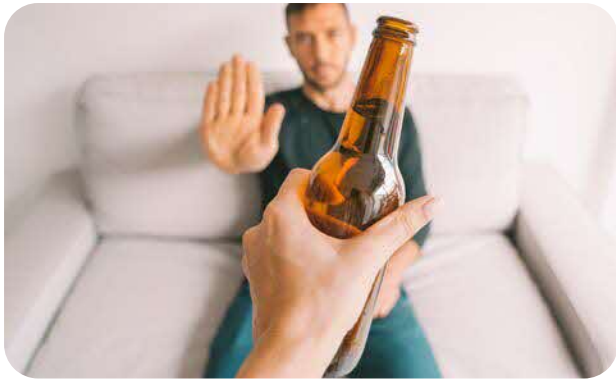
A Guide for Patients and Families

Circumcision Post-Surgery Instructions

These instructions provide general information and advice regarding care after your surgery. These guidelines are not exhaustive and taking these precautions may help to reduce risks and complications.



Care and Management



POST-ANAESTHETIC INSTRUCTIONS

- You are advised NOT to perform the following activities within 24 hours after anesthesia/ surgery:
- Drive a vehicle or operate any machinery or dangerous tools.
- Perform any task that requires skills, co-ordination or judgment, E.g. financial transaction, legal documentation, ATM withdrawal, etc.
- Drink alcohol or take medication such as sleeping pills, tranquilizers, etc.



POSITIONING

- You may lie in any comfortable position. However, you should avoid pressure on the operated area.



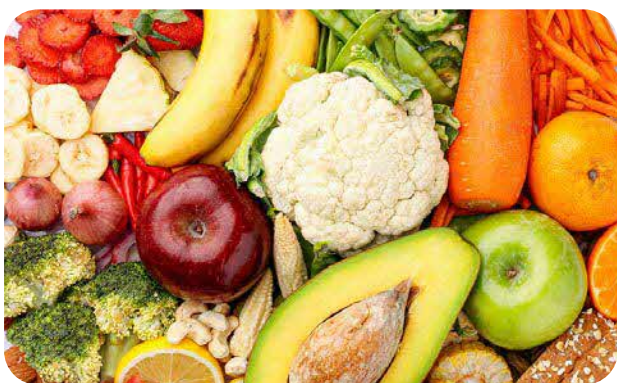
MEDICATION

- Take your medication as prescribed for pain relief.



ACTIVITIES

- Avoid strenuous physical activities, e.g. jogging, tai-chi, swimming or badminton.
- When picking objects from the floor, do so by bending your knees while keeping your back straight.
- Avoid stooping, bending, training, lifting or carrying heavy objects.



DIET

- You do not need to restrict your diet.
- Take plenty of roughage, eg. vegetables and fruits to avoid constipation.



HOME CARE

- Wear loose comfortable clothing.
- Drink plenty of fluids.
- You may bathe the next day and remove the dressing.
- Dressing may also drop off by itself before the next day. You can re-apply clean gauze around the wound if necessary.
- Wash wound with saline solution, and leave wound dry and clean.



- Scabs may be present around the wound; it will drop off by itself within 10 days to 3 weeks.
- Stitches would dissolve off by itself and usually do not need to be removed.



FOLLOW-UP APPOINTMENT

- Remember to keep your appointment with the doctor as follow-up care is important.

WHAT SHOULD YOU DO IN AN EMERGENCY?

Please seek medical assistance if you experience the following:

- Significant pain, not relieved by medication.
- Excessive nausea and vomiting and is unable to retain fluids.
- Excessive bleeding or swelling around the penis.
- Unable to urinate 12 hours after operation.
- Unexpected drowsiness.
- Unusual weakness of the limbs.