

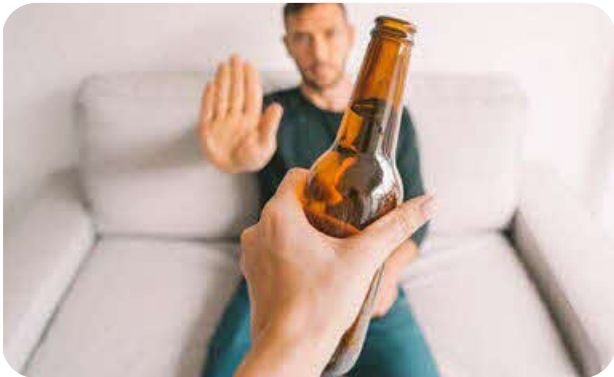
A Guide for Patients and Families

# 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.