

# Gentle Circumcision

## Adult aftercare instructions

### Bathing/Bandage Removal:

- Sponge bathing is recommended to avoid wetting the bandage during the first 48hrs.
- Showering is ok after 48hrs.
- Remove the bandage 48hrs after your procedure during the first shower.
- Stand in a warm shower for several minutes allowing the bandage to moisten. This will allow you to unravel the bandage easily.
- Once the bandage is off, you may shower regularly up to once a day
- Do not sit in a bath or submerge in water (pool etc.).

### Medications:

- You've been prescribed medications, please take as directed.
- **DO NOT TAKE:** *aspirin, ibuprofen, motrin and advil after surgery since it thins your blood and promotes bleeding.*
- Tylenol is also safe for pain.

### Bleeding:

- Small spots of blood is **normal**.
- Immediately contact our office if you see continuous bleeding or excessive swelling.

### Bruising and Swelling:

- Bruising and mild swelling is normal up to 30 days after surgery.

### Sexual Activity:

- **NO** sexual intercourse for 4 weeks after surgery.
- Once you resume sexual activity, use condoms for 2 additional weeks to avoid damage to the healing scar.

### Alcohol/Smoking:

- **DO NOT** drink alcohol for one week
- **DO NOT** smoke for one month.

### Work/Fitness:

- You may return to work in as soon as 3 days, depending on your job.
- No heavy lifting (over 10lbs) for 7 days.
- Exercise can resume in 1 week.

### Most frequently asked question/concern:

#### Why does it look infected?:

- A yellow-whitish film may develop in the first few weeks after surgery. This is normal. This is not pus and/or a sign of infection.
- Itching is a normal part of healing.

### Follow up Appointment:

- Please return to our office/email images on: \_\_\_\_\_
- Email images to [medrecords@gentlecircumcision.com](mailto:medrecords@gentlecircumcision.com)

### Call our office immediately if:

- Temperature greater than 101.5
- Difficulty Urinating
- Bleeding significantly
- Severe swelling