

Surgery Center of Pinehurst
Dr. Goetzl's Post Op Instructions after Circumcision

Activity:

Your physical activity should be restricted the first forty-eight hours. During that time you should remain relatively inactive, moving about only when necessary. During the first few days following surgery you should avoid lifting any heavy objects (anything greater than fifteen pounds), and avoid strenuous exercise.

Medications:

Take pain medications as prescribed. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids.

Do not drive a car or operate machinery as long as you are taking pain medication.

Care of Dressing:

If you have a wrap around the penis, take it off the day after surgery. If the dressing falls off sooner do not be concerned. In most cases your incision will have multiple sutures that run along the course of your incision. Expect some redness around the sutures. If there is generalized redness, especially with increasing pain or swelling contact the office. The penis will very likely get 'black and blue' as the blood in the tissues spreads. Sometimes the whole penis will turn colors. The black and blue is followed by a yellow and brown color. In time, all this coloration will go away.

You may shower 24 hours after surgery. Tub bathing should be restricted for 5 days and the wound has healed. If your incision is draining after the sutures are out, do not sit in a tub without approval.

Ice:

May apply ice pack on and off the penis for the first 48 hours to relieve the pain and keep the swelling down. 15 minutes on and 15 minutes off is a reasonable schedule.

Appointment:

Please keep your scheduled appointment. If your scheduled appointment is inconvenient for you, please call my office and we will reschedule you for a more convenient time.

Please call my office at 235-2911 if any of the following occur:

Fever above 100.5

Moderate or severe swelling under the skin incision or involving the penis

Pain not relieved by pain medication

Dr. Goetzl