

Department of
NURSING

Circumcision: Post-Surgery Instructions



Discharge Instructions After Circumcision Surgery

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

1. Post-anaesthetic Instructions

You are advised to refrain from the following activities within 24 hours after anaesthesia/surgery:

- Drive a vehicle.
- Operate any machinery or dangerous tools.
- Perform any task that requires skills, co-ordination or judgement, e.g. financial transaction, legal documentation, ATM withdrawal, etc.
- Drink alcohol or take medication such as sleeping pills, tranquilisers, etc.

2. Positioning

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

3. Medication

Take your medication as prescribed for pain relief.

4. Activities

- You need to be careful at home for the first six (6) weeks.
- 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.

5. Diet

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

6. Home Care

- Wear loose comfortable clothing.
- Drink plenty of fluids.
- You may bathe the next day and remove the dressing
- The 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 salt solution, and leave wound dry and clean.
- Scabs may be present around the wound; it will separate within 10 days to 3 weeks.
- The stitches would dissolve off by themselves and usually do not need to be removed.

7. 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 call TTSH Urology Clinic 2A/2B @ 6889 4258/4242 during office hours 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

OR call Clinical Coordinator, Department of Urology @ 9726 1802
(Mon – Fri: 9am – 5pm)

Office hours:

Monday - Friday: 8am - 5pm

Saturday: 8am - 12noon

Sunday & Public Holiday: Closed