

ST KYROLLOS FAMILY CLINIC

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Post-Operative Myths and cautions

1. Managing the dressing

Use olive oil or Vaseline at every chance of passing urine by placing a few drops of olive oil on the tip and around the penis's dressing to avoid the underwear / nappy sticking to the end of the penis's glans' or the dressing becoming challenging to fall off.

If the dressing falls off earlier on the same day of the operation, it is okay. The dressing is just an extra layer of protection.

Circumcision Doctor Dr. A. Saddik advises fresh up the wound with a warm salt bath and then applying Vaseline on the glans of the penis around the new cut and the bed of the underwear/ nappy to avoid excessive friction or sticking.

Don't worry about the dressing remaining stuck onto the glans of the penis; leave it on till it falls off the next day when a bath in warm salt water.

Circumcision Doctor Dr. A. Saddik does not use a plastibell ring, so It is Okay to have a bath on next day and take the dressing off.

2. When should I get the first bath after the surgery?

Circumcision Doctor Dr. A. Saddik advises that on the first day of the surgery, you do not worry about the warm salt bath unless the dressing fell off, so you may like to refresh the wound with a warm salty bath.

Circumcision Doctor Dr. A. Saddik advises having a bath the next day and removing the dressing wrapped around the penis.

Occasionally the dressing is challenging to remove; circumcision Doctor Dr. A. Saddik strongly advises applying for excessive olive oil works as natural skin moisture, and more prolonged soaking in the bath will help the dressing to fall off.

If you still have difficulty removing the dressing, Circumcision Doctor, Dr. A. Saddik advises you to attend the clinic. **Circumcision Doctor** Dr. A. Saddik will remove it for you after 2-3 baths from your end.

Please, DO NOT call Circumcision Doctor Dr. A. Saddik on his mobile for sticking dressing. It is not an acute or surgical complication. Instead, follow the above instruction.

3. Pain relief

Circumcision Doctor Dr. A. Saddik advises using simple analgesics such as Paracetamol, pain stop, and simple anti-inflammatory Nurofen according to the direction Circumcision Doctor Dr. A. Saddik and of your age.

Please, DO NOT call Circumcision Doctor Dr. A. Saddik on his mobile for sticking dressing. It is not an acute or surgical complication. Instead, follow the above instruction.

4. Bleeding

Circumcision Doctor Dr. A. Saddik advises you to check your underwear/ nappy for any signs of active or continuous dripping bleeding for the first 48 hours after the surgery, or you can look at the front of the underwear/ nappy from the outside.

It is okay to have a mild oozing of the fresh cut, and You may notice the covering dressing is slightly a little bloody. However, that is not a concern as far as no active continuous dripping bleeding.

If active bleeding from the penis occurs, treat it the same as you would for the tip of a finger by applying gentle pressure by your thumb and index fingers at the base of the penis for 3-5 minutes, then use an ice pack on the top of the wound for next 15-30 minutes.

Please Don't panic; mild oozing bleeding may be part of the healing process. It is reasonable for you to apply the above pressure technique twice, first for five minutes and then for 10 minutes, before **contact us**, as most bleeding stops with simple compression pressure and ice packs.

Please note that if the penis is dripping fresh blood continuously and you cannot stop the bleeding with pressure and ice and excessive bleeding or continuous active bleeding following the surgery, that is NOT NORMAL. Should you become concerned or any of this unexpected adverse effect occurs, you **must** immediately contact **Circumcision Doctor** Dr. A. Saddik on his mobile. Circumcision Doctor Dr. A. Saddik is available 24/7; if there is no response, call an ambulance on 000.

Circumcision Doctor Dr. A. Saddik strongly advises adults and older teenagers to apply an ice pack at sleep to avoid discomfort, painful erection, and development of swelling of the penis, which is known as a secondary hematoma.

5. Urinary retention

It is infrequent and usually resolves spontaneously with proper hydration, possibly related to tightening dressing or perceived pain/fear of passing urine. It determines within the first 12 hours.

6. Concealed Penis

It occasionally occurs in chubby kids/adults with a significant amount of public fat, and the penis tends to be embedded, hidden, or sunken inward. It has only become a concern if the

surrounding healing foreskin can adhere, resulting in a concealed penis or what is known as secondary phimosis.

Circumcision Doctor Dr. A. Saddik advises you to place gentle downward pressure on either side of the base of the penis while bathing your child daily in a salt bath and clean around the glans from any adhesions of smegma/ debris to expose the glans that has retracted inward.

Circumcision Doctor Dr. A. Saddik advises the application of a thin layer of a medicated prescribed cream to the entire glans once daily until it takes on a healed appearance. Circumcision Doctor Dr. A. Saddik is always happy to support you in the healing process. Don't hesitate to contact Circumcision Doctor Dr. A. Saddik if the penis cannot be fully exposed or the foreskin around the penis has closed.

7. The healing processes

Age influences the speed of the healing process; every individual is different and distinctive. But healing is usually rapid and occurs gradually, like any cut. Usually, a few days for babies to a maximum of 1-2 weeks for teenagers and adults. If you have sutures during surgery, these sutures are dissolvable and may take a few weeks to dissolve completely, depending on your age.

There will be a red band of raw tissue around the glans or a yellowish, patchy area, a type of scab. It is normal healing tissues, not signs of infection, and part of the healing process.

Occasionally, the frenulum, the triangular area at the ventral side beneath the penis, may become swollen and look like a yellow blister. However, the frenulum usually heals within a few weeks and closes naturally.

The gains may appear different than the shaft of the penis and look purple. Once the mucous membrane is keratinized, take the standard colour of the glans. It is like the umbilical stump. It is normal and will heal naturally.

Please do not panic if it appears too little or too much skin is removed, or the cut edge of the shaft attaches to the shaft of the penis is too high or too low. In nearly all these cases, the penis heals appropriately and takes on a regular appearance.

Please, **contact us** if you have any concerns during regular business hours to address any postoperative care.

The **Circumcision Doctor**, Dr. Saddik, is available 24/7 for urgent, not for routine postoperative care.