

# Patient Information

## Circumcision

Children's Services



## Introduction

The purpose of this leaflet is to help you look after your child after circumcision.

## Why is circumcision necessary?

A circumcision is necessary if the foreskin has been damaged by scarring. This is an uncommon condition called Phimosis and is caused by recurrent infections or Balanitis. Phimosis may lead to difficulty in passing urine and other problems in later life. Phimosis rarely occurs under the age of two years. It is normal for some children not to be able to retract the foreskin and in the absence of other symptoms, this can be safely left alone.

## Risks

The most common risks associated with circumcision are bleeding and infection.

**If there is any bleeding from your child's penis after the circumcision, please return him to your local emergency department immediately.**

## Anaesthetic

Your child has had a general anaesthetic. Anaesthetic drugs remain in the body for 24 hours or more and gradually wear off over this time. It is therefore important that your child remains with a responsible adult and will need to rest after discharge from hospital.

## Post-operative Care

When your child returns to the ward from the operating theatre, his penis may be covered with a small dressing. This is to protect the area and absorb any initial bleeding. This dressing will be removed as soon as possible by the nurse looking after your child. If the surgeon has used stitches to remove the foreskin, these stitches will dissolve within 7 to 10 days after the operation. Please try to stop your child touching the area.

## Pain Relief

Your child's penis will look sore and inflamed for a few days after the operation. It is recommended that you give him regular pain relief, such as Paracetamol (Calpol) every 4 to 6 hours for the first 24 hours and/or Ibuprofen three times a day, after he is discharged from hospital. Your child's nurse will give individual pain relief advice before you take him home. Wearing loose fitting pants and trousers will also aid his comfort.

## Passing Urine

Your child does not need to have passed urine before being allowed to go home. However, please encourage your child to drink plenty of fluids to help urination. The more concentrated his urine is, the more discomfort he will have when passing it.

**If your child does not pass urine for 24 hours please contact your GP for advice.**

## Washing

From the day after the operation, your child should have showers twice daily. Do not use any additives in the water.

## Activity

Your child will probably find their own level of activity but as a general guide, he should not attend school/nursery for the rest of the week and avoid sports such as football, rugby, judo and swimming for about 10 days after the operation.

## Further information

NHS 111

☎ 111

or Contact your GP

NHS website - [www.nhs.uk](http://www.nhs.uk)

## Useful Telephone Numbers

Bluebell Ward, Lister Hospital  
Stevenage

☎ 01438 284008

Children's Emergency Department  
Lister Hospital

☎ 01438 284333

Urgent Care Centre, New QEII  
Welwyn Garden City

☎ 01707 247549

Community Children's Nursing Team

☎ 01438 288370