

Advice for patients after a circumcision or frenuloplasty

Day Surgery Unit Patient Information Leaflet

Introduction

This leaflet is for patients who have had a circumcision or frenuloplasty. It gives advice on what you should do when you get home, and contact information for if you have any problems relating to your procedure.

Pain relief

During your operation, a local anaesthetic was injected into your wound to reduce discomfort. This will wear off about two to three hours after surgery and you may experience discomfort or pain for two to three days.

We have prescribed pain-relieving tablets for you. Take these as prescribed, if you need them (always read the label; do not exceed the recommended dose). Best pain relief is achieved if the painkillers are taken regularly, as prescribed.

Advice

1. In the first week after surgery, avoid tight underpants or trousers. Jogging bottoms may be more comfortable.
2. If the wound bleeds when you get home, do not panic. Sit or lie down and apply gentle pressure to the stitch line with a gauze pad, for five minutes. The bleeding should stop after five minutes.

If the wound is still bleeding after this time, continue applying pressure and contact us on one of the helpline numbers.

3. The stitches in your wound are dissolvable and can take between seven to 21 days to dissolve.
4. If you have a dressing, please remove this after 48 hours. Start having daily showers after this (not baths) and continue with daily showers until the wound is healed.
5. It is normal for your penis to appear bruised and swollen after your operation. This should reduce over the course of the next month.
6. The swelling should not cause you difficulty with passing urine but if you have any problems, contact us on one of the helpline numbers.
7. You can start having sex when it is comfortable to do so and the wound has healed.
8. Remember: everyone recovers differently after surgery, so do not worry if you feel tired and weak for several days. This is quite normal. However, if this lasts for a long time, please see your GP.

If you need a sick note, please ask the nurse who books you in for the procedure.

Helpline numbers

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to a member of staff or contact:

Russells Hall Hospital Day Surgery Unit on
01384 456111 ext. 1886 (7.30am to 8pm, Monday to Friday)

or

Pre-operative Assessment Unit on
01384 456111 ext. 1849 (7am to 7.30pm, Monday to Friday)

Out of these hours, urgent queries: contact Surgical Assessment Unit on 01384 456111 ext. 3359.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔