SURGICAL SERVICES

**Post-Operative Instructions**

**Circumcision Surgery**

**PAIN:**

You may experience pain after your surgery, especially at night as erections are common when sleeping. You may take acetaminophen if you are having pain. Your surgeon will prescribe pain medication; take as directed.

**OPERATIVE SITE:**

You will have a Vaseline™ dressing over your incision. Remove the dressing   
3 days after your surgery or sooner if it becomes wet or more than one third soiled. You can sit in a bathtub of warm water or shower to soak the dressing off. Your surgeon may instruct you to apply Polysporin™ ointment 2 – 3 times a day for the first few days after dressing is removed. Follow any special dressing instructions printed on your discharge paperwork. Avoid hot tubs, saunas and swimming until your surgeon authorizes it.

**ACTIVITY:**

You may resume regular activities when you are able. You should wait 2-4 weeks before sexual intercourse, receiving oral sex or masturbation to prevent infection. Ask your surgeon when you may resume sexual activity.

**DIET:**

Resume your regular diet the day following surgery. Increase the amount of   
fiber in your diet and drink plenty of fluids in order to prevent constipation.   
Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat).

**FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit   
will call you the day after your surgery to discuss any concerns.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**ADDITIONAL INFORMATION:**

Resume other prescribed medications you were taking prior to surgery unless you have been told otherwise on your discharge instructions.

**Do not take blood thinners or medication containing Aspirin™ until directed by your surgeon.**

Call your surgeon or go to the nearest Emergency Department if you have any of the following complaints:

* excessive bleeding
* elevated temperature (38ºC or 100.4ºF) and/ or chills lasting more than

24 hours

* swelling
* severe pain not controlled by medication

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or hand sanitizer and ask that your healthcare providers and visitors do the same.   
Clean hands save lives.