

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET.n@nhs.net](mailto:sfh-tr.PET.n@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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## INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

# Discharge advice

## Circumcision



## Pain relief

Give pain relief at home as needed. If your child or young person is discharged with lidocaine gel this can also be used to help with relieving pain.

Your child or young person last had pain relief at:

Paracetamol .....

Ibuprofen .....

### **Do not give more than it says on the label.**

Some children or young people may have difficulty in passing urine. Encourage your child or young person to drink plenty of clear fluids. You may also want to try a warm tepid bath and allow your child or young person to pass urine in the water.

## Returning to normal activities

Initially avoid having a bath or shower for the first 24 hours after surgery; this will allow the wound to settle down.

To start, your child or young person should rest and wear loose comfortable clothing. The penis will look swollen and bruised after a couple of days, this will ease within one to two weeks.

All stitches will dissolve by themselves and can take up to 14 days to fully disappear.

Avoid swimming, bike riding and energetic play for seven to ten days. Your child or young person can return to school and normal activities any time after this.

Do not take part in sporting activities for one month.

## Bleeding

Minor bleeding will settle after a few days, however, if you notice any active bleeding, try to stop this at home by applying firm pressure with some gauze or a clean piece of material. Squeeze for two minutes then stop. If the bleeding does not stop, please seek medical advice.

## Infection

Most children or young people recover well following a circumcision. If your child or young person's penis becomes red, more swollen or you notice discharge from the surgical site, please seek medical advice from your own GP or your nearest Emergency Department.

