



# CIRCUMCISION IN LONDON



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aftercare videos

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## **Ring Method Aftercare Instructions** – *The ring usually falls off within 3-14 days*

### HOLDING YOUR SON

- Always hold your son **flat on his back**.
- **Do not hold him upright against your body**, as this can cause friction and bleeding.



### BURPING YOUR SON

- If your son needs to be burped, sit him on a **flat surface** and gently tap his back. **Do not hold him against your body or sit him on your leg**, as this may cause rubbing on the penis and bleeding.

### OLDER CHILDREN

- Walk normally but **avoid running, jumping, or rough play**.
- Encourage quiet activities such as TV, tablets, or video games.



### NAPPY CHANGES

- Apply **Vaseline at every nappy change** – just enough to touch the head of the penis.
- Nappy should be tight on the penis to reduce movement.
- Movement can cause friction and bleeding.
- Vaseline helps lubricate the area and allows the ring to fall off naturally. Use Vaseline until the ring comes off



### CLEANING THE PENIS

- **Do NOT wipe the penis while the ring is on**.
- If it looks clean, **leave it alone**.
- If stool gets on the penis, gently rinse with **running water** (shower).
- Do not scrub or rub as it will cause friction and bleeding.



### BATHING

- Bathing is allowed **straight away**.
- Bathe as normal.
- You may use **baby shampoo**.
- Salt may be added to the bath water if desired.



### PREVENTING PULLING

- If your son can reach his penis, **hold his hands during nappy changes and bathing**.
- Pulling can cause bleeding.
- **Never leave your son without a nappy on** while the ring is present.

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#### **Continuous bleeding emergencies only:**

Please call **07888864428** (outside of working hours) or use the normal clinic numbers during working hours. We ask you please be respectful of this number and only call in cases of continuous bleeding emergencies. For other enquiries or concerns, please call the normal clinic numbers during opening hours. In the rare event of not reaching us, please call 999. There is a video on the above QR codes showing doctors how they can stop bleeding.

## PAIN & COMFORT

- It is normal for your son to cry or be unsettled. The ring may feel strange at first; this will settle.
- Every baby reacts differently, some may cry and scream – all reactions are normal.
- If your son is **over 2 months**, you may give **Calpol** (follow the bottle instructions).
- Discomfort is most common in the first 24 hours and may increase again before the ring falls off.



## WHAT IS NORMAL WHILE THE RING IS ON

You may notice: -

- Swelling & Redness
- Tenderness or pain
- A bad smell
- Yellow area (especially underneath)



These are **normal signs of healing** and **not an infection**. This is similar to how an umbilical cord looks before it falls off.

## WHEN THE RING IS COMING OFF

- The ring may loosen or partially separate first.
- **Do NOT pull the ring**, as this will cause bleeding.
- Close the nappy and allow it to fall off naturally.



## IF THE RING HAS NOT FALLEN OFF (This is **NOT** an emergency)

- If the ring has not fallen off within 10-14 days, **contact us** for advice.
- If swelling is stopping the ring from coming off, we will arrange a follow-up appointment.



## AFTER THE RING FALLS OFF

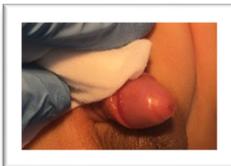
- Some swelling, redness, and a yellowish area may remain, but will go down gradually
- The yellow area is from the cautery used to stop bleeding and is normal.
- Once the ring has fallen off: **Stop using Vaseline** and **hold your son normally**



## BURIED PENIS – IMPORTANT ONGOING CARE

- The head of the penis may appear partially or fully covered by skin. This is due to the pubic area being relatively prominent.
- Daily care is essential: (This helps prevent infections and skin adhesions)
  - **Press down on the pubic area at the base of the penis. Pull back the shaft skin to fully expose the head and lighter inner skin. Clean and dry daily using normal baby wipes/ tissue**
- When flaccid, it may appear there is excess skin but this skin is normal and needed for erections.

Please refer to the photos provided and scan the QR code for the demonstration video.



Only do this  
after the ring  
has come off



Scan to watch a  
video on how to  
clean the penis  
after the ring  
comes off.

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