CIRCUMCISION IN LONDON

Scan for aftercare videos

Ring Method Aftercare Instructions – Ring can take 3-14 days to come off

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 and you may use **baby shampoo**
- Salt may be added to the bath water if desired.

PREVENTING BLEEDING

- 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.

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 manufacturer instructions).
- Discomfort is most common in the first 24 hours and may increase again before the ring falls off.

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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.

WHAT IS NORMAL WHILE THE RING IS ON

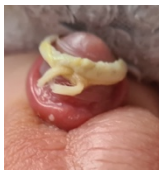
You may notice: -

- Swelling, redness, a few drops of blood.
- Tenderness, pain or bruising
- A bad smell
- Yellow area (especially underneath)

These are **normal signs of healing** and **not an infection** as long as your son is urinating, feeding well and does not have a fever. This is similar to how an umbilical cord looks before it falls off. It often looks worse before it looks better. Doctors who are not familiar with the ring method may sometimes mistake these normal healing changes for an infection. **If you or another healthcare professional has any concerns, please contact us for advice.**

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.

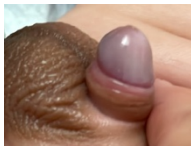


IF THE RING HAS NOT FALLEN OFF (This is **NOT** an emergency)

- If the ring has not fallen off within **10 days**, **contact us** for advice or send us a photo.
- If swelling is stopping the ring from coming off, we will arrange a follow-up appointment.
- It will only take a few seconds to remove the ring. When this happens, it makes the ring look small and tight but that is not the case. It is just the surrounding area being swollen.
- If the ring looks like it is coming off naturally, we will advise you to wait (up to 14 days).
- If it is more than 14 days, we will need to remove the ring.

AFTER THE RING FALLS OFF

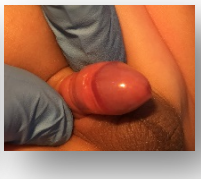
- Some swelling, redness, and a yellowish area may remain, but will go down gradually.
- The yellow area is from the cautery used to stop bleeding and is normal (**NOT an infection**).
- Once the ring has fallen off, you can **stop using Vaseline** and **hold your son normally.**
- As the redness goes down, the head of the penis may settle as a blue/ purplish colour which is normal.



BURIED PENIS (Your son may already have this or develop it in the future) – 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 inflammation 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 of the penis 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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