



CIRCUMCISION IN LONDON



Scan for
aftercare videos

FORCEPS GUIDED (TRADITIONAL) METHOD – CHILDREN AFTERCARE INSTRUCTIONS

HOLDING YOUR SON

- If you need to pick up 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.



ACTIVITY & MOVEMENT

- Walk normally, but avoid running, jumping, or rough play.
- Encourage quiet activities such as watching TV, using a tablet, or playing video games.
- Too much movement can cause rubbing and bleeding.



USING VASELINE

- Apply Vaseline exactly as shown to you, for **2 weeks**.
- The nappy or underwear should fit snugly to keep the penis still.
- Less movement means less friction and less risk of bleeding.



CLEANING THE PENIS

- **Do not wipe, rub, or scrub** the penis.
- If it looks clean, leave it alone.
- If stool gets on the penis:
 - Gently rinse with running water (shower).
 - This can be done briefly even within the first 3 days if needed. Dry the penis after.

SHOWERING

- Showering is allowed **after 3 days**. It is best to avoid soaking in a bath for a long time.
- Dab the penis dry with a soft towel after or leave to air dry.



PAIN

- It is normal for your son to cry or be unsettled.
- Every child reacts differently, some may cry and scream —this is normal.
- If your son is **over 2 months old**, you may give Calpol (follow the instructions on the bottle). There are 2 versions, 2 months + and 6 years + (give according to your son's age).
- Some children may be scared to pass urine.
 - Reassure him calmly.
 - He may hold his urine at first but will pass urine normally.



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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 how to stop bleeding.

THE WOUND

Your son may have:

- Stitches, skin glue, or both.

Important to know:

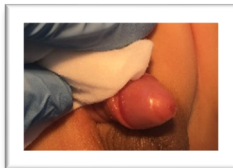
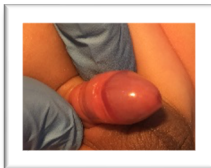
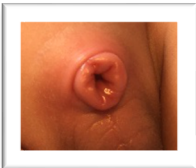
- Both stitches and skin glue dissolve on their own.
- Stitches usually dissolve within **1–4 weeks**.
- Skin glue usually comes off in a few days and may look crusty.
- If the wound opens, **do not panic**.
 - It will heal on its own without needing more stitches or glue.
 - Try to gently keep the wound edges together to help healing.
- You may see yellow/ black inside or outside of the wound. This is **NORMAL** and **NOT** an infection. This happens from the thermal cautery machine which stops bleeding. It will dry and come off by itself within a few weeks.
- The wound usually heals within 2-6 weeks but some swelling can take several months to go down.



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.



Scan to watch a video on how to clean the penis

BLEEDING

- A few drops of blood are normal.
- If there is continuous bleeding, press firmly on the wound for **10 full minutes without stopping**.
- Use a clean, thick tissue (for example, kitchen roll).
- Press firmly, the same way you would press on a cut finger to stop bleeding.
- You can scan the QR code to watch a video showing how to do this.
- If the bleeding does not stop after 10 minutes of firm pressure, call the clinic on **020 8951 3794**.
- If this happens outside working hours, call the emergency bleeding number: **078 8886 4428**.
- Please only use the emergency number for continuous bleeding emergencies.



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