



# Infant Circumcision

*Patient Information*



**Gentle  
Procedures  
Clinic**



# **Gentle Procedures Clinic**

*Minds that innovate. Hands that heal. Hearts that care.  
No matter what your needs are, we're in this together.*

# Circumcision

## New Information About Health Benefits

**M**ale babies are born with skin covering the end of the penis, called the foreskin. Circumcision is a procedure in which the foreskin is removed, exposing the tip of the penis. Circumcision is often performed on healthy babies within the first few days after birth.

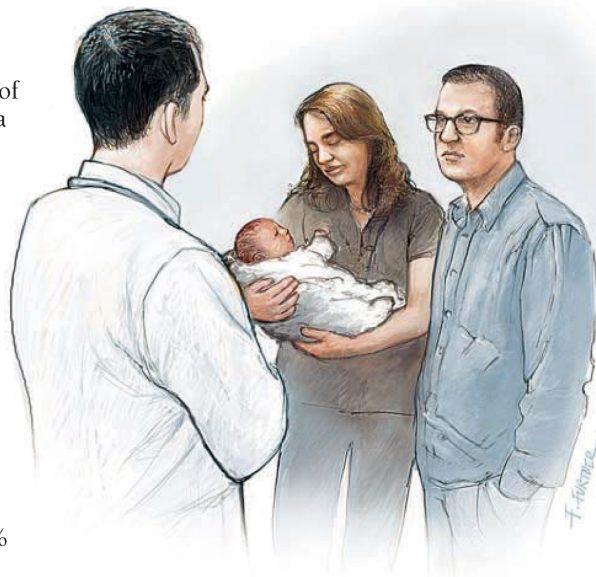
Circumcision has often been a controversial issue that places parents in the position of balancing personal, cultural, and health issues when deciding whether to circumcise a son. In the past, medical evidence was insufficient to fully support circumcision's health benefits. More research has provided increasing evidence for health benefits of circumcision. An article in this month's issue of the *Archives* reviews studies evaluating male circumcision and sexually transmitted diseases. These studies found the following with regard to circumcision:

- Human immunodeficiency virus (HIV) was reduced by 53% to 60%.
  - Herpes simplex virus type 2 (HSV-2) was reduced by 28% to 34%.
  - Human papillomavirus (HPV) was reduced by 32% to 35%.
  - Among female partners of circumcised men, bacterial vaginosis was reduced by 40% and *Trichomonas vaginalis* infection was reduced by 48%.
- As many of these studies were done in developing countries, it is possible that the protective effects of circumcision may be lower in the United States. Additional health benefits of circumcision include the following:
- Lower risk of getting cancer of the penis, a rare type of cancer.
  - Lower risk of urinary tract infections during the first year of life. Urinary tract infections during the first year of life can be serious and may lead to hospitalization. An uncircumcised baby boy has a 1 in 100 chance of getting a urinary tract infection during the first year of life, compared with a 1 in 1000 chance for a circumcised baby boy.
  - Prevention of foreskin infections.
  - Prevention of phimosis, a painful condition in which the foreskin retracts. Circumcised males do not get this condition.
  - Easier genital hygiene.

Like any medical procedure, circumcision is not without risks, although complications are rare and usually minor. These complications may include bleeding, infection, improper healing, or cutting the foreskin too long or too short.

Some families decide not to circumcise their sons. Some families are concerned that the foreskin is needed for identity reasons, sexual pleasure reasons, or other reasons linked to family, culture, religion, or tradition. Circumcision is also an important part of some religions.

Parents can learn about potential risks and benefits of circumcision from their physician. Particularly because the topic of circumcision can be linked to strong opinions, parents should be cautious in interpreting stories or information from unvalidated Internet sources. The ultimate decision regarding circumcision of a baby boy is the parents'. Parents should feel both informed and supported in this decision.



### FOR MORE INFORMATION

American Academy of Pediatrics  
[http://www.aap.org/publiced/BR\\_Circumcision.htm](http://www.aap.org/publiced/BR_Circumcision.htm)

### INFORM YOURSELF

To find this and other Advice for Patients articles, go to the Advice for Patients link on the *Archives of Pediatrics & Adolescent Medicine* Web site at <http://archpedi.ama-assn.org/>.

Source: Centers for Disease Control and Prevention, <http://www.cdc.gov/hiv/resources/factsheets/circumcision.htm>

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# PEDIATRICS

## Circumcision Policy Statement

TASK FORCE ON CIRCUMCISION

PEDIATRICS Volume 130, Number 3, September 2012

### abstract

Male circumcision is a common procedure, generally performed during the newborn period in the United States. In 2007, the American Academy of Pediatrics (AAP) formed a multidisciplinary task force of AAP members and other stakeholders to evaluate the recent evidence on male circumcision and update the Academy's 1999 recommendations in this area. **Evaluation of current evidence indicates that the health benefits of newborn male circumcision outweigh the risks** and that the procedure's benefits justify access to this procedure for families who choose it. Specific benefits identified included prevention of urinary tract infections, penile cancer, and transmission of some sexually transmitted infections, including HIV. The American College of Obstetricians and Gynecologists has endorsed this statement. *Pediatrics* 2012;130:585–586

### POLICY STATEMENT

Systematic evaluation of English-language peer-reviewed literature from 1995 through 2010 indicates that **preventive health benefits of elective circumcision of male newborns outweigh the risks of the procedure. Benefits include significant reductions in the risk of urinary tract infection in the first year of life and, subsequently, in the risk of heterosexual acquisition of HIV and the transmission of other sexually transmitted infections.**

The procedure is well tolerated when performed by trained professionals under sterile conditions with appropriate pain management. Complications are infrequent; most are minor, and severe complications are rare. Male circumcision performed during the newborn period has considerably lower complication rates than when performed later in life.

Although health benefits are not great enough to recommend routine circumcision for all male newborns, the benefits of circumcision are sufficient to justify access to this procedure for families choosing it and to warrant third-party payment for circumcision of male newborns. **It is important that clinicians routinely inform parents of the health benefits and risks of male newborn circumcision in an unbiased and accurate manner.**

Parents ultimately should decide whether circumcision is in the best interests of their male child. They will need to weigh medical information in the context of their own religious, ethical, and cultural beliefs and practices. The medical benefits alone may not outweigh these other considerations for individual families.

**The American College of Obstetricians and Gynecologists has endorsed this statement.**




### TASK FORCE ON CIRCUMCISION

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*Health Care System and/or  
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[www.pediatrics.org/cgi/doi/10.1542/peds.2012-1989](http://www.pediatrics.org/cgi/doi/10.1542/peds.2012-1989)  
doi:10.1542/peds.2012-1989  
PEDIATRICS (ISSN Numbers:  
Print, 0031-4005; Online, 1098-4275).*

**Key points bolded and underlined by  
Dr. Pollock for your ease of reference.**



*Your son is either about to have a circumcision performed or you are considering this procedure for him. Parents who are informed and prepared for circumcision can help their newborn son recover in less time by being better prepared. This booklet will give you the general information you need. Please read it with care, and we hope you find it a useful reference before and after your son's procedure.*

**\* IMPORTANT :** If your doctor gives you different advice than what has been provided in this booklet, please follow the specific directions you receive.

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# Welcome

*Welcome to Gentle Procedures Clinic. We strive to uphold the highest standards of patient care and surgical excellence. In keeping with this philosophy and to ensure that all patients are properly prepared before their circumcision, we have prepared this manual which should be read with care.*

## About Us

Gentle Procedures Clinic is Australia's provider of Pollock Technique™ circumcision for babies, boys, and men of all ages. We also offer no-scalpel vasectomy as well as penile frenulectomy at most clinic locations.

With experienced physicians and convenient clinic locations, we can provide you with the care you need within days of calling our clinic. For added convenience, we offer online booking for fast service, and to allow booking when most suitable for patients.

Our dedicated team of physicians and staff take pride in providing personalized services and individualized care; we offer 24/7 aftercare and support before and after all procedures. The Gentle Procedures Southeast clinic is part of the broader Gentle Procedures network, with clinics across Australia and Canada, as well as in the UK, Ireland, and the US.



# About Dr. Ono Alex-Ohunyon

## FRACGP, MBBS, MIPH/MHM UNSW, DCH

Dr. Ono Alex-Ohunyon has practised medicine for over 14 years, including practising Family Medicine in Bowral. He is the Practice Principal for Walker St General Practice and Gentle Procedures Southeast.

As well as being a fellow of the Royal Australia College of General Practitioners, he has a Masters of International Public Health and Health Management (UNSW), a Diploma of Child Health, and a Professional Certificate in Skin Cancer Medicine.

At Gentle Procedures Clinic Southeast, Dr. Ono is supported by a dedicated and highly qualified team that ensures the comfort and care of his patients.

Providing a high level of care focused on surgical excellence is Dr. Ono's goal. He strives to be up to date with medical knowledge and surgical skills in order to support his commitment to exceeding patient expectations.

Dr. Ono Alex-Ohunyon encourages his patients to take their health seriously, and is passionate about the positive impact a connection with medical professionals can have in their lives.

Furthermore, he is heavily involved with the local hospitals as a Visiting Medical Officer. He assists with caesarean sections and works in the Emergency Department at Bowral Hospital.

Dr. Ono Alex-Ohunyon has developed keen interest in medical procedures and pursued training in Pollock Technique™ circumcision with Dr. Neil Pollock at his Vancouver clinic and training centre. He is pleased to be able to offer the quick and virtually painless Pollock circumcision in Southeast NSW for patients from all over the Southern Highlands and Illawarra region.

In his spare time, Dr. Ono enjoys playing soccer, improving his carpentry skills and taking road trips with his young family.

# About Circumcision

## What Is Circumcision?

Circumcision is a simple procedure in which the foreskin that sheathes the head of the penis is removed. Since foreskin traps bacteria and other infectious agents, its removal may improve genital hygiene and reduce the risk of disease over the lifetime of the boy and his future sexual partners.

In 2012, the American Academy of Pediatrics issued a statement that the health benefits of circumcision outweighed the risks. The Canadian Pediatrics Society acknowledges the potential benefits of circumcision but stops short of routine recommendations for newborns. Thus, circumcision for your son is a personal decision that you must make with your partner after weighing the benefits and risks and often involves religious or cultural preferences as well.

In the case of adult circumcision, it is a personal decision based on personal, cosmetic or health reasons.

## What Is The Ideal Age For Circumcision?

The ideal age for infant circumcision is within 8 weeks of birth, and at our clinic, we provide circumcision at any age.

## Do I Need a Physician Referral In Order To Book An Appointment?

No. If you are booking for your son, it is a parental decision and we only require consent from both parents to proceed. You can book online directly or give us a call with your questions. If you are an adult planning circumcision for yourself, you may book online or call us for an appointment, as no referral is required.

## What Are The Potential Benefits Of Circumcision?

1. **Improved hygiene** – It is well known that microorganisms accumulate under the foreskin which fosters inflammation which can lead to conditions such as balanitis/balanoposthitis (inflammation of the head of the penis). The incidence of balanitis is twice as high as those who are uncircumcised. Smegma, which is cheesy like secretion, can also accumulate under the foreskin combining with bacteria to produce an offensive odor.
2. **Reduced risk of urinary tract and bladder infections** – Because microorganisms can accumulate under and adhere to the foreskin, bacteria have a greater chance of migrating up the urethra causing urinary tract infections (UTIs) especially in infancy. Studies suggest an over 10-fold decrease in the risk of urinary tract infection in circumcised infants. UTIs are a potentially painful and dangerous condition as it can result in kidney inflammation and scarring. Studies suggest that the protective effect of circumcision against UTIs when done as a newborn continues into adulthood.
3. **Eliminates risk of phimosis** – Phimosis is a condition where the foreskin becomes so tight that it cannot be pulled back fully, resulting in UTIs, local skin infection, pain when passing urine, retention of urine, kidney stones, and sexual dysfunction. Circumcision eliminates the risk of phimosis, which affects 1 in 20 older boys and men.
4. **Reduced risk of penile cancer** – Studies have shown an over 20-fold reduction in the risk of invasive penile cancer which is thought to arise from the adherence of high-risk human papillomavirus to the foreskin and smegma causing chronic inflammation and recurrent infections resulting in phimosis. Invasive penile carcinoma is highly associated with a history of phimosis.
5. **Reduced risk of prostate cancer** – Some studies show that uncircumcised men may have a higher incident of prostate cancer.

6. **Reduced risk of sexually transmitted diseases** – This is because viruses enter through the inner lining of the foreskin which is thin and vulnerable. Ulceration and tearing of the foreskin are not uncommon in uncircumcised men, adding to the risk of virus entry.

The following diseases are all reduced by circumcision:

- Human immunodeficiency virus (HIV) is reduced by 53% to 60%.
  - Herpes simplex virus type 2 (HSV-2) is reduced by 28% to 34%.
  - Human papillomavirus (HPV) is reduced by 32% to 35%.
  - Among female partners of circumcised men, bacterial vaginosis is reduced by 40% and trichomonas vaginalis infection is reduced by 48%.
7. **Reduced cervical cancer in women** – Circumcision reduces the risk of cervical cancer of a man's female partner by 5.6 times as there is less risk of adherence and colonization of human papillomavirus in circumcised men, which is a recognized cause of cervical cancer in women and venereal warts in both sexes.

## What Are The Risks Of Circumcision?

1. **Bleeding** – In 1 in 100 circumcisions, there may be some bleeding that is usually stopped with pressure or less commonly with stitches. If there is a bleeding disorder such as hemophilia, then our doctors will need advice from a hematologist prior to proceeding.
2. **Infection** – There is always a possibility that there could be an infection requiring antibiotics after the surgery. It mainly depends on how the family takes care of the wound (1/100).
3. **Concealed penis** – When there is a generous amount of fat around the penis (pubic fat), the penis may retract inward becoming buried, leading to a trapped penis that would require medical intervention to release it. Usually, the risk is foreseeable and the patient is advised not to proceed with circumcision unless there are exceptional circumstances where circumcision needs to be done.
4. **Meatal stenosis** – This is a narrowing of the urethra that may occur after the procedure requiring medical intervention (1/1000). However, the risk is minimal with generous and constant application of vaseline.
5. **Trauma** resulting in permanent damage to the head of the penis (never in our practice).
6. **Suboptimal cosmetic result** (1/500).
7. **Mild to severe reactions** to local anaesthetic- rare complication (never in our practice).
8. **More serious complications** including death (never in our practice).

## Our Approach

All the following steps are taken to ensure your son has minimal discomfort during the procedure.

### *Infant Paracetamol*

We will ask that you give your infant son an infant paracetamol an hour before your appointment. We will tell you how much to give depending on his age. Please do not give any other medication to your son before you arrive in the clinic.

### *Topical Anaesthetic Cream to Numb the Skin*

In our office, your son will have a topical anaesthetic applied to his penis. This is a cream that numbs the skin. This surface painkiller is the second step we take to minimize discomfort during circumcision.

### *Pain Blocking Injection – Local Anaesthetic*

Once the skin is numb, your son will be given an anaesthetic injection into the soft tissue alongside the penis. Our doctors use a combination block of both short and long-acting anaesthetic. This provides comfort and coverage for both the procedure and for hours after. Since the topical anaesthetic has already numbed the skin, the injection is hardly felt. After about 10 minutes, the penis is numb, and the circumcision can be done.

### *Sugar Pacifier During the Brief Circumcision Procedure*

During the injections and the circumcision, your son will receive a sugar pacifier to suck on. Ten minutes after the injection, the penis is fully desensitized, and the circumcision can be done. During the circumcision, soothing music is played, room temperature is kept warm and your son may continue to receive sugar pacifiers to suck on for additional comfort. Studies show that sweet flavours distract babies and reduce their perception of pain.

### *Caring Team Always Available*

We understand that safety concerns are always a priority. For your peace of mind, your doctor will be available 24 hours a day. All clients are given our 24-hour contact information so they can reach the doctor directly 24/7 should any concerns arise.

Although the circumcision takes a few minutes, please plan to be in the clinic for about 90 minutes in total, so that we can carefully review with you all post-procedure care and answer your questions before you take your son home.

## Patient Instructions

### Before Circumcision

#### *Before your arrive*

- On the day of your son's circumcision, it is best to feed him just before you leave your home to ensure comfort in our clinic.
- Please give him infant acetaminophen as directed just before leaving your house. Do not give any other medications especially ibuprofen.
- Please arrive 15 minutes before your appointment time. Late arrivals may be scheduled for another day.
- Please also remember to bring 2 baby blankets (receiving blankets).
- Plan to be in our clinic for at least 90 minutes.
- If your baby is hungry when you arrive, you can feed him for 15 minutes as soon as you arrive.

#### *At the clinic*

- We first apply a topical anaesthetic cream to your son's penis to numb the skin.
- Next, your son will receive an anaesthetic injection through a tiny needle, into the area that has already been numbed by the topical cream. After 6-10 minutes, the penis will be numb.
- Your son will receive a sugar pacifier to suck on while the circumcision is completed, usually in 1 minute or less.

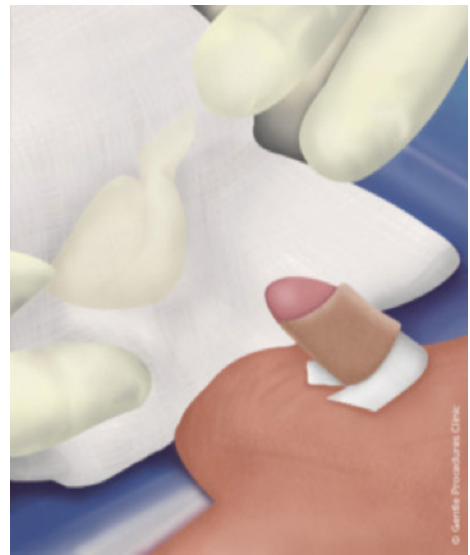
### After Circumcision

#### *First 24 hours following the circumcision:*

- Keep your son snugly swaddled (especially his legs). The more he kicks his legs, the less comfortable he may be. After 24 hours, you no longer need to swaddle him unless he finds comfort in doing so.
- There will be a **white** gauze with Vaseline placed over the head of your son's penis. Leave the gauze in place and **remove it after 24 hours**. If it has fallen off before that, not to worry just replace it with a fresh gauze with some Vaseline on it and put it over the penis then close the diaper.
- Please check your son's diaper every hour for the next 24 hours to look for any abnormal bleeding. If he is sleeping just look at the front of the diaper; if no blood has seeped through, his penis is likely not actively bleeding. It is normal to see blood stains the size of a toonie piece with each diaper change. It is **NOT** normal to see blood dripping from the penis.



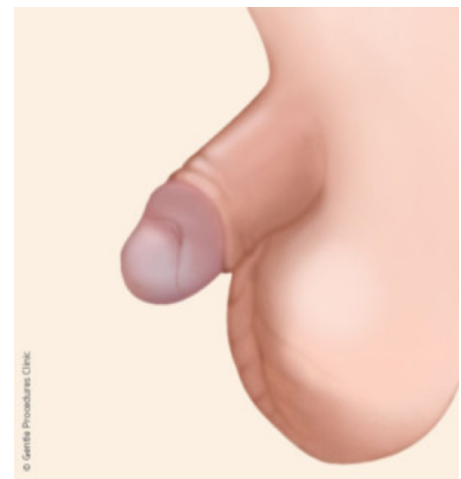
- If the white gauze is soiled with stool or urine, don't worry just leave it alone.
- There will also be some narrow dressings wrapped around your son's penis. These must be removed after 24 hours, however, if they come off before then this is fine, and they do not need replacing. If it is dry or stuck when you are trying to remove it after 24 hours, soak in a little warm water to soften the bandage. If this doesn't allow for easy removal, smother the bandage in Vaseline and try again after 20 minutes. You may need to pull slightly harder on the dressings and expect that there may be a little bleeding when you do this. This is normal and you may need to apply some direct pressure just under the head of the penis as we taught you in the clinic. If there is some bleeding, maintain firm pressure for 3-5 minutes.
- No **gauze bandages are required after the first 24 hours**, just generous amounts of Vaseline to be applied every diaper change.
- It is normal for your son to be a little irritable or very sleepy for the first 24 hours following the circumcision.



*Here you see the square white gauze with Vaseline that you will replace for the first 24 hours if it falls off. You can also see the narrow white dressings around the penis that must be removed in 24 hours or if it falls off earlier you may leave it off.*

## General Care Following The Circumcision

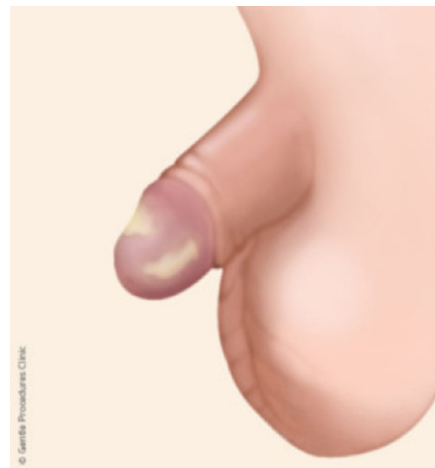
- Healing is promoted by keeping the area clean and dry. Use disposable diapers for the first week; they are less irritating and help keep the area drier and cleaner. Do not bathe your son for the first 4 days. You may sponge bathe the rest of your son's body in the meantime. You may also gently clean the area around the penis with warm water and a soft washcloth. Do NOT use baby wipes, towelettes, alcohol, powders or lotion as these may cause irritation.
- Avoid unnecessary car travel as car seats can be irritating to a newly circumcised penis. If you are using a car seat, a folded diaper placed between your baby and the car seat straps will help prevent pressure on the penis.
- For the first 2 weeks after circumcision, put a generous amount of Vaseline on your finger and rub it over the incision site placing a thick layer of ointment over the entire head of the penis every diaper change.
- It is important to push the skin down off the head of the penis if it has moved up a little to ensure it heals properly just behind the back rim of the head. Simply ensure you can visualize the entire head of the penis all the way around; if you are unsure you may see us in the clinic or send a photo to the doctor. Do not do any pushing on the skin for the first two days because it will be swollen from the surgery. It is important to avoid "skin bridging" which results from the shaft skin attaching to the head of the penis. Again, if you are unsure of the appearance of your son's penis, call the clinic, and the doctor will adjust the skin for you if required.
- Most babies like to feed in a quiet environment following the circumcision. A baby who cries for more than a few minutes could be from air swallowed during the circumcision and he will need to be burped.



*Here you see a part of the skin attaching to the head of the penis. This is an example of "bridging" that requires a simple adjustment by our doctors.*

## The Healing Process After Circumcision

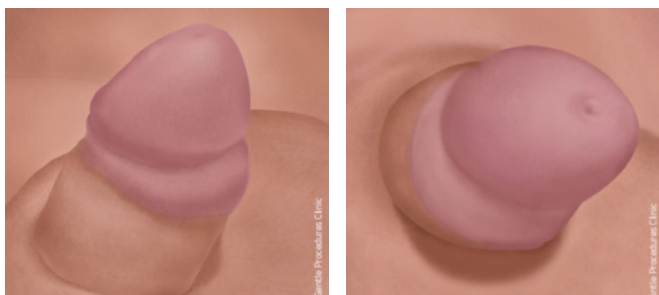
- Healing is usually rapid and occurs in several stages. Remember that a circumcision is like any other cut. There are many factors that influence healing; but most importantly, every child heals differently.
- First, the cut edge seals and bleeding ceases within minutes, hours, or even over the course of an entire day. The area just under the head (especially the underside) will become swollen. Sometimes parents mistake this for a blister. In fact, this is normal and will subside within a week or two.
- In the first two days, there may be an off-white or yellowish, patchy appearance or discoloration of the head. These patches are normal healing. After a few days, the area where the skin was cut may look green and yellow. This is NOT pus or infection. It is part of the normal healing process and it can take this colour for up to two weeks after the circumcision. Some doctors are not familiar with this healing process and may mistake this for infection. Please follow up with our clinic if you are concerned.
- You will also notice that the head appears red and glossy sometimes purple or blue. This is because the skin covering the glans of an uncircumcised penis is mucous membrane (like the skin inside your cheek). Once exposed, the mucous membrane will toughen, and in time, take on a normal appearance. It takes about a month for the penis to take on a normal, healed appearance.



*You will notice yellow patches on the head of the penis as it heals. This is not infection and is in fact a normal part of healing.*

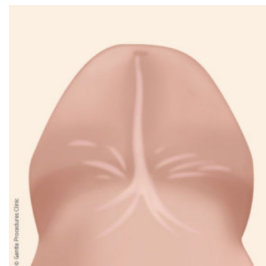
## The Appearance Of The Penis After Healing

A common concern for parents is aesthetics. Remember that penises come in all shapes and sizes. While most penises “look normal” within days of the circumcision, some do not take on a “completely normal appearance” until after the penis starts to grow after many years. For example, there may be more mucosal tissue on one side compared to the other; this is a normal anatomical variation after circumcision that will resolve with time after your son grows older. Furthermore, although the penis may appear smaller after circumcision, it is not! This appearance is mostly due to the relaxation of skin surrounding the penis, which prior to circumcision held the penis up in a more erect state. In nearly all these cases, the penis will heal properly, and in time, take on a normal appearance. If you are concerned in any way about the appearance of your son’s penis, please call to consult us.



*You will notice a swollen ring at the base of the penis head. Sometimes it is more prominent on one side than the other. This is normal and no cause for concern.*

*You may notice a band on the bottom of the penis after circumcision. This is normal and no reason for concern.*



# Common Concerns

## What Can I Expect My Son To Be Like After The Circumcision?

It is not unusual for your son to sleep 6-8 hours after the procedure and to miss a feeding or meal. Some patients will be irritable for several minutes to hours afterward. Behaviorally, most babies and children are back to themselves by the next day or two.

## How Long Does It Take For The Circumcision To Heal Completely?

In general, complete healing occurs in about four weeks but most newborns or children show signs of healing by 1 week.

## Does It Hurt When My Son Urinates After a Circumcision?

It may sting a little on the first day, but after a day it should not be painful.

## The Gauze Is Very Sticky And Hard To Pull Off.

It is normal to use some force to pull off the gauze bandage. To make this easier, you can soak the gauze with warm water and Vaseline before pulling it off. In the end, you just may have to pull a little more firmly to get it off. Remember the direct pressure technique if you notice any bleeding.

## When You Take Off The Gauze, There Is Some Bleeding.

A small amount of bleeding is normal. Take some gauze with Vaseline on it and squeeze the bleeding area of the penis with your fingers for 3-5 minutes.

## The Entire Yellow Gauze Around The Penis Falls Off Before 24 Hours.

This is not important. You may leave it off. Reapply a white gauze pad with Vaseline and place it over the penis until the 24 hours is up. Then, just use Vaseline as instructed at the incision site on every diaper change.

## There Is Stool On The Gauze Around The Penis Or On The Penis After The Gauze Is Removed.

Not to worry just try to clean the area as best you can use warm water and a cloth. Then place the white gauze with Vaseline on until the 24-hour mark is achieved.

## **There Is a Piece Of Skin Still Attached To The Head Of The Penis, Or You Can't See The Entire Head Of The Penis.**

If you are concerned about skin bridging, come back to have the baby examined. Usually, it is very easy for us to make an adjustment.

## **When Can My Son Bathe Again?**

For newborns, our physicians will let you know at your follow up when you can start immersing your son in water.

## **How Long Do I Apply The Vaseline To The Penis For?**

Apply a generous amount of Vaseline over the incision and the entire penis head with each diaper change. This is done for 2 weeks.

## **Why Is My Baby's Penis Retracting Into His Body Looking "Concealed"?**

When there is a good amount of pubic fat or when the penile shaft is no greater than its diameter, the penis may tend to retract inward. This is normal. If your son fits this profile you can reduce the chance of a concealed penis by applying Vaseline to the entire glans once a day until the glans take on a healed appearance (up to 6 months). To expose the glans that have retracted inward, place gentle downward pressure on either side of the penis and consult one of our doctors if the head cannot be fully exposed. This may take months up to a few years before the penis stays persistently outward.





# Learn More About Circumcision for Men & Boys

There are a number of reasons why older boys, teens, and men may have a circumcision procedure. Some require circumcision as a cure for conditions like phimosis (an overly tight foreskin) while others choose circumcision for cosmetic and personal reasons.

We are also often asked; “Am I too old to get circumcised?” and the answer is almost invariably “no”. Men and youth of all ages can have the surgery in our clinic. The most common age range for adult circumcision is 20 – 40 years old, but the procedure is regularly performed on a larger age range as requested for medical and personal reasons. The medical team at Gentle Procedures is experienced at circumcising boys and men of all ages.

## The Circumcision Process - Two Methods

Our team and our internal procedures are optimized to deliver quality care to boys and men requiring circumcision.

We perform two methods of circumcision – Mogen clamp circumcision using the Pollock Technique™ and Shang Ring circumcision. With either method, you will receive detailed written instructions for post-surgery care as well as a one-on-one consult with the doctor. Healing times are relatively the same. We are here to assist you with finding out which procedure might suit you best.

Our team is available after surgery as required to answer your questions and to react quickly should there ever be any problems.

### *Pollock Technique™ Circumcision*

This method uses combination of our local anaesthetic, quick surgical technique with the Mogen clamp and use of skin glue.

With the introduction of our skin glue closure method, we have been able to obtain an improved cosmetic outcome without the typical multiple suture track marks in the mucosa and skin. In addition, glue closure is 10 times as quick compared to traditional circumcision.

### *Shang Ring Circumcision*

This method was developed in China through the backing of the Bill and Melinda Gates Foundation. Shang Ring circumcision involves minimal pain, minimal bleeding, no stitching, and minimal time away from work.

Our doctors have trained in this technique and Gentle Procedures was among the first to offer the Shang Ring method in Australia. The Shang Ring stays on the penis for 7 days before it is removed.

# Learn More About Penile Frenulectomy

## Tight Frenulum - A Cause of Penile Pain and Bleeding During Sex

The frenulum of the penis is a band of tissue located underneath the penis. When the frenulum is tight or short, this can result in tension on the frenulum during erections, which can rip and tear during vigorous activities such as sex, causing pain and bleeding which in turn causes many men to lose their erections.

## A Tight Frenulum May Cause Premature Ejaculation

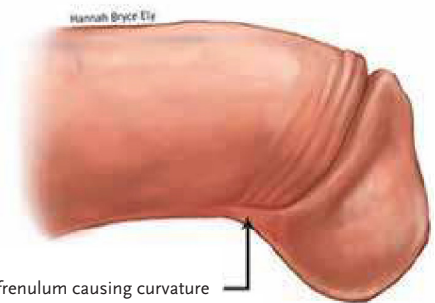
Premature ejaculation is uncontrolled ejaculation either before or shortly after sexual penetration. It may result in unsatisfactory sex for both partners. It is one of the most common forms of male sexual dysfunction.

Some studies report that a short frenulum is found in up to 43% of individuals affected by premature ejaculation. It is thought that the frenulum plays an important role in penile erection and when frenulum tension exceeds a certain limit, orgasm and ejaculation may be accelerated. When the frenulum is lengthened, penile tension and sensitivity may be decreased. Penile frenulectomy has been shown to be effective in some but not in all cases of premature ejaculation.

## What is the Treatment for a Short Frenulum?

A frenulectomy is a technique that treats this condition by removing the tight restriction, allowing increased penile skin range of motion.

Regardless of your anatomy, our goal is to provide the optimal aesthetic and functional result. With our technique, there is minimal down time and complete healing usually occurs within 6 weeks. Procedures are performed under long lasting local anaesthetic.



Tight frenulum causing curvature with erections

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Tight frenulum

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# **Gentle Procedures Clinic**

*Thank you for your interest  
in Gentle Procedures Clinic  
for Infant Circumcision.*

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