

DISCHARGE INSTRUCTIONS CIRCUMCISION - ADULT

In order to continue your care at home, please follow the instructions listed below:

1. **ACTIVITY**

- Go directly home from the hospital.
- Rest today. Resume light activity tomorrow.
- Do not drive for one week.

2. **MEDICATIONS**

- Use prescribed medication as directed.
- When taking pain medication, you may experience drowsiness or dizziness. Do not drive or drink alcohol while taking these medications.
- Resume any medications you were taking before your surgery.

3. **OPERATIVE SITE**

- Wear loose clothing.
- Keep area very clean. Bath or shower daily.
- If there is any oozing around penis, cleanse with warm water.
- No intercourse for 10 - 14 days.

4. **NUTRITION**

- Begin with clear fluids: broth, fruit juices, jello, coffee, tea.
- If you do not feel sick and do not vomit, you may increase your regular diet, as tolerated.
- Avoid drinks or food that are gas forming for one week, i.e., carbonated beverages.
- If you are taking Demerol® or Tylenol® with codeine for pain relief, eat HIGH FIBRE FOODS such as fresh fruits, vegetables, whole grain breads and cereals, or bran to avoid constipation.
- Drink at least 6 - 8 cups of fluid daily.

5. **SPECIFIC COMPLICATIONS TO WATCH FOR**

- Unable to pass your water.
- Fever over 38°C (100°F) by mouth
- Pain not relieved by medication ordered
- Persistent nausea or vomiting
- Increased redness, warmth
- Persistent drainage from operative site

6. **FOLLOW-UP CARE**

If you require attention following discharge, contact your surgeon and/or your family physician, go to a walk-in clinic, call Health Link BC at 8-1-1, or go to the nearest Emergency Department.