

Circumcision after-care information of adults (English)

Location Amsterdam/Almere ☎ Telefoon 020-6909712 ✉ amsterdam@besnijdeniscentrum.nl

Other locations ☎ Telefoon 085-4871506 ✉ info@besnijdeniscentrum.nl

1. Bandage

After the procedure, the penis will be bandaged with Vaseline coated gauze and a compression bandage. In case the bandage is too tight (causing difficulty urinating or discomfort), you may loosen the bandage or remove it. If not, we advise to keep on the bandage for two days. Remove it by soaking the bandage for 10 minutes before gently peeling it off. If it becomes untied on the day of the procedure or the day after, it is not necessary to put on a new bandage.

We advise to wear tight underpants to prevent bleeding and swelling (see below for more information)

2. Bleeding

In case the wound starts to bleed (dripping) and will not stop after 15 minutes of applying pressure, you should call the doctor of Besnijdenis Centrum Nederland (top of this form). This telephone number is available 24/7 for the first 48 hours. If needed, you may return to the clinic where the circumcision was performed to receive aftercare. Do not go to the hospital or your general practitioner!

3. Painkillers

To treat the after-pain, we advise Paracetamol 500mg, 3-4 times a day. Do not take more than 8 tablets in 24 hours. If needed, we advise to add Ibuprofen 400mg 1-3 times a day.

4. Erections

Nightly erections occur during sleep. These might be painful, and you might wake up because of the pain. This is resolved after the stitches have been dissolved.

5. Wound care

After the bandage has been removed, you should clean the wound 2-4 times a day for two weeks with lukewarm water in the shower, bath or sink. Put Vaseline on a piece of gauze and press it against the penis inside your underpants.

6. Stitches

The stitches are dissolvable and will fall off after 2-3 weeks.

7. Swelling and blue discoloration

The penis may be swollen and blue for the first days after the procedure. This is because of the anesthetic injection, and will disappear.

8. Infection

In case the wound heals well at first, but becomes swollen, red and painful after 5-7 days, a wound infection may have occurred. You might contact your own GP, or contact one of our doctors.

9. Check-up

If the wound heals properly and the result is good, a check-up is not needed. To make an appointment, please send us an e-mail or call us (on Tuesdays or Fridays).