



Supplies

FROM PHARMACY

1. Two x 30g tubes of POLYSPORIN COMPLETE Ointment (Black & Gold tube)

This contains a topical anesthetic and is the BEST! A 2-pack of Polysporin Complete is available at Costco. The Green or Burgundy tubes of Polysporin ointment are also OK. DO NOT BUY Polysporin CREAM.

2. Two boxes of Johnson & Johnson 2 x 2 inch (5 x 5 cm) First Aid Gauze Pads (one large box of 25 will do)

Generic brands are just as good or better including Life Brand, Rexall, Exact, Equate.

DO NOT BUY Quick Stop, Easy Release or Non-Stick gauze or a roll of gauze.

3. Small 5g tube of EMLA Cream

This recommended anesthetic cream is available over the counter. Apply a liberal amount of EMLA to the baby's penis one hour before the circumcision and place a piece of saran wrap over the penis to prevent the EMLA from rubbing off on his diaper. (see video)

4. Infant Tylenol or Tempra drops (80mg/ml).

OTHER ITEMS

5. Sturdy Table: One end of the dining room table or kitchen table is best. A card table or other type of folding table (at least 36 inches wide) is absolutely perfect.

6. Large (adult size) bath towel

7. Two disposable diapers and baby wipes.

8. Make sure there is adequate lighting for the circumcision.



Notes

I do not routinely see the baby before the day of the circumcision as I rely on the pediatrician to inform you of any health concerns. Please inform me if there is ANY health concerns. Please inform me if there is a Family History of Bleeding Disorders.

Tempra or Tylenol need not be given before the circumcision. It may be given after the circumcision if needed. (See: Aftercare 3. Temperament – below)

Feeding the baby before the circumcision is fine but try to hold off for 1½ - 2 hours so that he will find it soothing right afterwards.

An easy access outfit is best such as a nighty or gown with an open or drawstring bottom. Sleepers are fine. Snaps and zippers are fine but avoid buttons. An undershirt is not necessary.

My fee is \$400.00-\$550.00 in your home depending on location, and age of baby.

Payment can be made by cash, check or Interac transfer.



Aftercare

The first diaper should be changed within 2 hours after the circumcision. Subsequent diapers can remain on for the usual 3-4 hours.

Following the circumcision, I will clean up for five minutes and then together with both parents complete the first diaper change. I will thoroughly explain the aftercare and point out a few things regarding the baby's penis. In general, the appearance remains the same for approximately three days. I will phone you the next day to check on the baby's progress and to answer any questions you may have.

- 1. Bleeding** - Spotting is normal for the first 24 hours and is no reason for concern. If active bleeding (blood flowing) is noted, firm pressure should be applied to the penis for a few minutes and your physician or I should be contacted immediately.
- 2. Bandage** - Gauze and polysporin dressings should be used with each diaper change for three days after the circumcision. Open a 2 x 2 inch gauze pad once, so that it becomes 4 x 2 inches. Apply a liberal amount of polysporin to one side and spread it around. Place the gauze, polysporin side down to form a "tent or cap" over the penis and close the diaper.
- 3. Temperament** - Your baby may be slightly fussier than normal for the first 24 hours. He should be held, cuddled and fed and can be given 40 mg ($\frac{1}{2}$ ml = 0.5 ml) of acetaminophen liquid (Tempra, Tylenol) every 4-6 hours if necessary. Most babies behave no differently than before the circumcision.
- 4. Bathing** - Sponge baths are suggested for the first three days after the circumcision. During this time, the penis can be cleaned if necessary by squeezing warm water over it from a wash cloth. Immersion may take place beginning the fourth day. Drying should be accomplished by gentle patting. Soaps are permitted but should not be applied to the penis itself.
- 5. Urination** - Urine is normally sterile and will not cause any stinging or irritation.
- 6. Stooling** - The scrotum tends to prevent stool from contacting the penis, however, this may occur. If so, squeeze water over the penis from a warm washcloth and then wipe or dab the penis gently with the washcloth until clean. In general, immediate diaper changing is recommended after each stool.
- 7. Baby Wipes and Barrier Creams (Sudocrem, Zincofax, Vaseline, Penaten)** - These are permitted on the buttocks and groins but should not be applied directly to the penis.



- 8. Sleeping** - Baby's sleeping position is unimportant and placing him on his stomach is permitted after the umbilical cord has fallen off.
- 9. Healing** - Complete healing will take from 10 - 14 days. The wound site at this point is a mucosal surface just like your lips and the inside of your mouth. Therefore, the changes that occur will be present immediately following the circumcision and the following will be noted:
- a) redness - this is normal and may take two weeks to disappear.
 - b) swelling - primarily on the underside. This will appear as a shiny pink roll (or fat lip) of tissue between the head and shaft of the penis and might not always be symmetrical. The swelling may not start to diminish for three or four days.
 - c) scabbing - due to the mucosal nature of this skin, if present at all, the scab will be a whitish or light yellowish crust. It will be noticeable mostly on the underside but may be on top or even on the head of the penis as well. This crust will be adherent to the penis and will disappear on its own. It should not be removed.
 - d) infection - this occurs in less than 1% of cases. If the swelling is thought to be increasing after the first 36 hours, or if there is increasing redness or a creamy discharge from the wound, infection should be considered and you should contact your physician or me immediately.

Congratulations and enjoy your new son!

Aubie Diamond, M.D.

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