



Supplies for Twins

FROM PHARMACY

1. Four 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. Four 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 Bris and place a piece of saran wrap over the penis to prevent the EMLA from rubbing off on his diaper. [Click here to watch me demonstrate how to apply EMLA to the baby.](#)

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. Two chairs: One for the Sandek to sit in and one ceremonial for Elijah the Prophet

7. Large (adult size) bath towel

8. One pillow: Standard bed pillow

9. Kiddush cup (wine glass)

10. Sweet Red Kosher Wine: Manischewitz, Carmel, etc.

11. Two candles, candle holders, matches or lighter (Shabbos candles are fine)

12. Four disposable diapers and baby wipes.

13. Two or three Tallises: One for the father and the other(s) for the Sandek(s).

14. Make sure there is adequate lighting for the Bris.



Honours

YOU MUST CHOOSE THE FOLLOWING PEOPLE TO HONOUR AT THE BRIS FOR EACH BABY

- 1. Sandek Rishon:** Jewish man to sit at the table and hold the baby's legs during the bris. Traditionally one of the grandfathers.
- 2. Sandek Sheini:** Jewish man or woman to hold the baby during the naming. Traditionally one of the grandfathers or grandmothers.
- 3. Kvaterin:** Person or people who will carry the baby into the room to begin the ceremony. Traditionally a childless couple but any number or people (1-6) may be chosen. This is flexible.

Notes

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

Note: The baby must have his Vitamin K shot prior to circumcision

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

Feeding the baby before the bris 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.

The Father's Bracha is as follows: *Baruch Ata Adonoy Elohaynu Melech Ha-olam, Asher Kiddishanu Bimitzvotav Vitzivanu, LEHACHNISO BIVRITO SHEL AVRAHAM AVINU.* (I will bring this Bracha on a card for the dad.)

My fee is \$1200.00

Payment Methods: Cash, Cheque or Interac Transfer



Day of the Bris

I will arrive ½ hour before the bris begins in order to set up and spend a few minutes going over the final details. If the bris is not at your home, you must meet me at the venue ½ hour before the bris begins. The bris will begin punctually at the appointed time and guests should be warned of this. Honourees should arrive at the bris 15 minutes early.

For twins, the older baby has his bris first followed by the younger baby. Each baby has his own complete bris ceremony.

The bris ceremony begins with a brief explanation for the guests before the baby is brought into the room by the kvaterin. The baby will be placed on Elijah's Chair where he will rest for a moment. I will then pick him up and place him on the table in front of the Sandek Rishon. The father will be standing to the left of the Sandek and will give the baby some gauze dipped in wine during the bris. The father will say his Bracha (which he can either read or repeat after me) by which time the bris will be finished. After the baby is dressed, the naming will take place. This ends the ceremony for the first baby to be followed immediately by the 2nd bris. Total duration is approximately 20-25 minutes.

Following the ceremony, 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.



Aftercare

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

- 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 bris. 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 bris.
- 4. Bathing** - Sponge baths are suggested for the first three days after the bris. 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 bris 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.

Mazel tov and enjoy your new sons!

Aubie Diamond, M.D.

Home Phone - 905 889 2517 / Email - aubster@rogers.com