

# THE UROLOGY GROUP

[www.urologygroupvirginia.com](http://www.urologygroupvirginia.com)

Walter O'Brien, Kevin O'Connor, Nicholas Lailas,  
Gregory Schenk, Jennifer Young, Chuck Pruna, Christopher Starks  
Julie Spencer, Kristin Tamburro, Kathleen Cage, Mari Parker

---

1860 Town Center Drive • Suite 150 • Reston, VA 20190 • 703-480-0220  
19415 Deerfield Avenue • Suite 112 • Leesburg, VA 20176 • 703-724-1195  
224-D Cornwall Street, NW • Suite 400 • Leesburg, VA 20176 • 703-443-6733

---

## **CIRCUMCISION ADULT POSTOP INSTRUCTIONS**

After anesthesia, begin with clear liquids. Avoid any heavy meals on the day of the procedure. Depending on how you feel the following day, you may resume the diet you normally follow.

Do not drive a car or operate machinery for 24 hours after anesthesia.

Do not consume alcohol, tranquilizers, sleeping medications, or any non-prescribed medications for 24 hours after anesthesia.

Do not make important decisions or sign any important papers in the next 24 hours after anesthesia.

You should avoid any strenuous activity for two to three weeks. This includes activities such as golf, tennis, cutting the grass, stretching exercises and so forth. You must avoid sexual activity for six weeks.

It will be normal to have bruising and moderate swelling near the circumcision site that can last up to a week.

There may be a Vaseline dressing placed around the circumcision site. This should be removed the day after surgery. If the Vaseline dressing becomes dislodged before that, it does not need to be replaced. It is not necessary to place any creams or ointments over the incision site.

Wait 24 hours to take a bath or shower. Stitches in the skin will dissolve on their own over the next two to three weeks. There may be some redness and irritation as they dissolve.

You can obtain good pain relief if you take 2 Tylenol (regular or extra strength) every 3 hours while awake for the first several days at home. You will also get a prescription for pain pills. You can use these prescription pain pills in addition to the every 3-hour Tylenol. You can take the pain pills as needed according to the directions on the bottle.

You should have a postoperative visit within 2-3 weeks after your surgery.