

RABBI LEZER LAMPIN

Baby Circumcision Essex

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AFTERCARE GUIDANCE NOTES FOR PARENTS

These notes are for your guidance to help you care for him following the procedure:

1) GAUZE & SUDOCREAM – He has a piece of kaltostat wrapped once around the penis from under the glands which will fall off on its own after a day or two. (In rare cases I would leave on a bandage until the next day). On the tip of his penis, he has a gauze with Sudocream smeared on it, this should be left on until tomorrow morning. The first day of the Circumcision you should not touch the penis area at all so it should not cause fresh bleeding. When he needs a nappy change, you should wipe him from underneath and not touch the penis area. When you open the nappy, open gently to ensure the gauze does not fall off. (If the gauze gets heavily dirty with poo all over, you can take it off very carefully and apply a fresh one, ensuring the kaltostat I placed does not come off. If it does fall off, I will not be concerned as long that there is no fresh bleeding. However, if the poo has soiled only the edges of the gauze please keep it remaining until tomorrow morning).

From the day after the Circumcision, you should change the gauze & Sudocream 3 times a day for 4 days. Smear the cream on the gauze, the same way as I smeared the Sudocream on the gauze and apply it on the penis the same way. It is advised to have the fresh gauze smeared with Sudocream ready before you open the nappy.

2) PAIN: Your baby will understandably be a bit more irritable in the first few hours. He may whimper when passing urine and may need extra comforting. Please try to handle him normally and behave as natural as possible, this will make him feel back safer and happier. Each baby reacts differently post procedure. Some babies will be very sleepy after the Circumcision. If the baby is very irritable and not settling down and you feel he needs pain relief you can give him Calpol (paracetamol) every 4 hours PLUS Nurofen (Ibuprofen) every 6 hours. The correct dosage is 2.5ml; although you might notice that the bottle states 3+, the medical board of Initiation Society does allow it. If the baby is calm, it is not necessary to give him anything, as he is definitely not in pain.

3) NAPPIES: He has double nappies on for extra comfort. Close the nappies firmly so that the penis should stay in one position and should not move around. This will also pad the area to ensure comfort. please continue doing so for 8 days. You should use nappies size 2.

4) **FIRST 8 HOURS - CHECKING: Check the nappy every hour for fresh bleeding.** Everytime the baby passes urine there will be spots and stains of reddish colour in the nappy. This is excess blood being washed out. This is normal and will decrease with every nappy change. BUT if there is heavy bleeding – a dark plum colour, wet and sticky soaked in heavily all over the nappy – then please contact me right away. In the meantime, take the bandage I provided you, wrap it round the penis, and hold it with a pressure.

The hourly check should be done as follows: open the double nappies gently, peep in, if you see stains and spotting of blood, red on the gauze, all of this is normal, you should close him with the double nappies firmly and send me an update via text message. (If he made dirty, lift his 2 feet wipe him from underneath no need to touch the above area as long the poo has not soiled the above area). If you see heavy bleeding contact me right away.

Check that he has passed urine, latest by 8 hours. If not please contact me.

[If the baby has no bandage on then please skip this paragraph. **In rare cases when the baby has a bandage left on:** Soak the gauze thoroughly; approximately 1 hour before removing the bandage, with lots of olive/baby oil. After letting it soak in, please slowly and gently remove – unroll – the bandage. At the last

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part it might bleed. If this happens, please take a bandage and put around the penis and hold with average pressure for a few minutes. This should stop the bleeding completely. If not please contact me.]

BATHING: The first bath after the Circumcision should only be 2 days after the Circumcision. From then, it's advisable to bath him daily so that the penis should keep clean while it is in the process of healing. Soak him in soapy water but don't touch the area until the end of the healing unless advised.

AFTER 2 DAYS: There is a Kaltostat covering the penis with a gauze & Sudocream on top; the piece of Kaltostat should fall off by itself. If it hasn't fallen off yet, you should pour oil, (baby oil or olive oil) on it; to make it lubricate. the Kaltostat should start to peel off the penis by his bath on the day after. If after 2 days it is still on tightly with no sign of falling off, please let me know.

Following the circumcision, the penis will look red and raw and may even be swollen. This is normal and will settle by about 2 weeks latest. There may be some oozing from the raw area on the penis. This will be creamy whitish yellowish coloured. THIS IS NOT INFECTED, AND IS NOT PUSS, AND ALSO NOT THE LITTLE PIECE OF KALTOSTAT I HAVE PUT ON! This is called an exudate which is the normal healing procedure which the penis goes through after having the Circumcision [without suturing or stitches]. If during this time your baby is seen by someone who is not used to this type of procedure, they may be worried that it is infected. This is NOT the case, and they can be reassured. Please give them my details for any inquiries.

I would normally like to see the baby for a check 2 weeks after the procedure. in many cases it would be enough by emailing me some pictures, which I will check; however, I still give you the option of making an appointment at my practice. Please remember that I am always available for advice and reassurance at any time.

In the future as the baby grows, sometimes they get chubby. This causes the penis to sink in and get out of its correct position. If you see this happen please contact me, I will advise how to handle it.

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| Day of Circumcision | Hourly check for heavy bleeding | Only today up to 8 hours |
| | Don't touch the gauze / Sudocream, just wipe away the dirt coming from underneath and change the nappy. Leave the gauze on the area even if it has on it some poo. | Only today up until tomorrow morning |
| | Use double nappies, size 2 and close firmly | For 8 days |
| Day 2 | Change gauze / Sudocream 3 times a day | For 4 days from today |
| Day 3 | From today you can bath him daily as usual | |
| | If Kaltostat is still intact, pour baby oil on the area, constantly (remember that the whitish puss can look like a bandage. In most cases the Kaltostat will be off already) | |
| Day 4 | Stop changing gauze / Sudocream at the end of the day | |
| Day 8 | Stop double nappies | |
| Day 15 | Send images by email as a 2-week check | |

Keep well. Regards. Rabbi Lezer