I came to the hospital on _____ and left on _____

's Care Guide after Adult Circumcision



How I may feel and what I should do

These symptoms are **normal**

I may feel pain

- I may feel some pain and swelling after surgery.
- I can use an icepack to help with pain and swelling.
- I should speak with my pharmacist about using Tylenol Extra Strength. I can't drive or drink alcohol while taking narcotic pain medication. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.

I may feel constipated

- Pain medication can make it hard for me to have a bowel movement.
- I should drink lots of water and eat lots of fruits and vegetables.
- I shouldn't strain or push too hard when having a bowel movement.
- I can take a stool softener like Senokot if I haven't had a bowel movement in 2 days. I should ask my pharmacist if I need advice.

I may feel tired

- I should rest when I'm tired. Pain medication can make me feel sleepy.
- I should have someone stay with me for 24 hours after my surgery.
- I can't drive or drink alcohol for at least 24 hours after I've left the hospital.

I may not feel hungry

- I should eat smaller meals and snacks more often.
- I should drink lots of fluids.

These symptoms are **not normal**

- My temperature is over 38.0°C or I have chills.
- I have bruising or swelling that is getting worse.
- I have pain that doesn't get better when I take pain medication.
- I can't urinate, even if my bladder feels full.

I need to **call my surgeon** or go to the nearest **emergency department** if I can't reach my surgeon.



My notes

- I have trouble breathing.
- I have chest pain.

I need to call 911.





	☐ How I should care for my inci	sion	My notes
•	I should keep the dressing clean and dry for 2 day If a Coban (brown) wrap dressing is present I can it after 2 days and wash gently with soap and wate After 2 days if a clear dressing is present I can wa gently over the dressing and remove it after 7 days	remove er. sh	
	•		-
How my activities will change			
Showering			
•	I can shower 48 hours after my surgery.		
Daily activities —			
•	I should go for walks when I feel comfortable to do should rest and take a break when I need one.	so. I	
•	I shouldn't play sports or go to the gym for 2 wee told by my surgeon.	ks or as	
•	I shouldn't have sex until the incision appears he with no scabs or gaps in skin (minimum of 2 week		
Eating ————			
I can eat normally after my surgery.			
Taking medications			
•	I should follow the instructions on my medication by	ottle.	
•	I should take my regular medications, unless my s has told me not to.	urgeon	
ŀ	My medications	0-0	My appointments
	I was given a list of medications I need to take. I was told why I need to take my medications. I was told about the side effects of my medications	s.	I was given a list of my appointments. Someone reviewed my list with me.
Where I can go for more information			
Fc	For information about		or go to



