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### **Frenuloplasty / Circumcision: Wound care instructions**

Your wounds are closed with a dissolving stitch. (This will dissolve in 1 – 2 weeks.)

Keep your dressing clean and dry for 24 hrs.

If you are bleeding apply pressure to the wound for 5 minutes.

You may get some bruising and a bit of swelling. This is normal.

Take it easy for the next 2 days.

No swimming or surfing for up to one week.

Avoid dirty or dusty environments until the stitches are removed or dissolve and the wounds are healed.

Your local will wear off after 1-2 hours. The pain should not be significant but if it worries you take Panadol (Paracetamol) or Panadeine ( not Ibuprofen i.e. nurofen)

Please advise Dr McGregor immediately if you have fevers, wound discharge or redness around the wounds.

Apply Vaseline to the wounds.

After a week when urinating pull the foreskin back to help stretch the area with in pain level.

Do not worry about how it looks now this will settle in about 6 weeks.

I acknowledge that I have read and understood the above and have had an opportunity to discuss this with Dr McGregor.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_