

Caring for Your Circumcised Newborn

newborncircumcision.com



Baby's Age: _____ days

Birth Weight: _____

Today's Weight: _____ g / _____ lb _____ oz

Acetaminophen/Tylenol® (80 mg/mL)

Dose _____ mg (_____ mL)

First dose given at: _____

Pain Relief

- **First 24 hours:** Give acetaminophen/Tylenol® 80 mg/mL every 6 hours (dose above)
- **Day 2-3:** Acetaminophen/Tylenol® can be given as needed for pain

Diaper Changes

- **First 3 days:**
 - Gently squeeze warm water from a washcloth over the tip of the penis at every diaper change
 - Wipe around the diaper area as usual
 - If there is poop on the penis, gently wipe it off with a diaper wipe or cloth
- **After 3 days:** Clean and bathe your baby normally

Petroleum Jelly (Vaseline®)

- **First 3 days:** Apply petroleum jelly at every diaper change, inside the diaper and on the scrotum (testicles)
- **After 3 days:** Apply a light layer of petroleum jelly directly on the whole head of the penis for one month

Other

- Air drying is not needed
- Avoid baths for the first 3 days

Bandage

A special medicated bandage (Surgicel®) will be placed around the cut mark to help prevent bleeding

- **1 hour to 3 days:** Bandage will usually fall off on its own
- **After 3 days:** If the bandage has not fallen off after 72 hours, soak your baby in a warm bath and gently peel off the bandage. If it does not come off easily, try again in 24 hours
- Normal for the bandage to:
 - Turn black when blood touches it
 - Become slightly yellow if poop touches it
- If the bandage covers the urine opening, gently move it so your baby can pee

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Bleeding

Check the diaper every **3-4 hours** during the first **24 hours**

- A small amount of blood in the diaper is normal
- A small blood clot on the tip of the penis is normal

There should **not** be blood dripping from the penis. If you see dripping blood:

- Put the diaper back on
- Hold your baby firmly against your chest for 15 minutes. Check the diaper after 15 minutes of applying pressure
- If dripping restarts at any time, or if the diaper becomes soaked with bright red blood, go to the nearest emergency department or urgent care centre immediately

Normal Healing

- The circumcision site will change as it heals. It is normal to see:
 - Redness of the tip of the penis
 - Swelling and bruising of the shaft
 - White or yellow sticky coating (this is part of normal healing, not infection)
 - Small blister(s) where the numbing medication was injected
- The penis will look its worst around 24 hours. It will stay the same for a few days, then slowly improve over the next several days

Seek Medical Attention If

- Pain, redness, and/or swelling worsening after the first 24 hours
- You are concerned about bleeding
- Baby has not had a wet diaper for **12 hours**
- Baby develops a fever (**38.0°C or higher**)
- Baby appears unwell

Need Help?

- **Avivo:** Call (403) 289-8996

★ **Medical Questions:** Call and leave a **voicemail** for **Dr. Karen Zwiers**

- Dr. Zwiers' phone number will be provided at the clinic appointment
- **New Parent and Newborn Line:** Call 1-833-805-2229 or Call Health Link (811)
- **Emergency:** Call 911 or go to your nearest emergency department

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Follow-Up

1 Send 2 Photos in the Secure Online Portal on:

- **Photo 1:** Top/front of the penis (looking down)
- **Picture 2:** Bottom/undersurface of the penis (looking from underneath)

- ✓ Good lighting
- ✓ Not blurry
- ✓ Together, the 2 photos should show the entire cut mark

2 Telephone Call with Dr. Zwiers on:

- _____ between _____
- By the time of this follow-up call, the circumcision will be **mostly healed**
 - It is normal to still see a **small, diamond-shaped area of moist tissue (wet scab)** on the underside of the penis
 - A small mark where the clamp was placed may still be visible on the underside. This will heal and round out over the next few months

What Happens Next?

- A **small ring of tissue just below the head** of the penis (called the coronal sulcus) will appear. This is a normal part of healing
- **Mild swelling (puffiness)** is common. It may be more noticeable on one side and can come and go for several months. Sometimes it may look like there is a small amount of fluid under the skin. The swelling is normal if the skin is **soft and pink** and baby does not seem to be in pain
- Sometimes the penis **shaft skin may look loose (baggy)** or cover part of the penis head. If this happens, gently push the skin back 2 times per day to clean the entire penis head
 - If you are unable to push back the skin fully, let us know so we can book your baby an appointment with Dr. Zwiers. Rest assured, all of the foreskin has been removed, and as baby grows, the skin will become less loose
- It is normal for the penis to look **slightly uneven**. Just like the two sides of our face, the body is not perfectly symmetrical. As your child grows, these small differences become much less noticeable
- The penis tip (head) may look **pink, purple, or alternate between the two**. This is a normal colour change and is **not** a sign of poor blood flow
- You may notice a **small fleshy mark/bump** where the clamp was placed, even several months after the circumcision. Rest assured, this will not be a cosmetic or functional concern in adulthood

If you have any medical questions, please call and leave a voicemail for Dr. Zwiers