

Pollock Technique™

Adult Circumcision

Post-Procedure Care



**Gentle
Procedures
Clinic**

1. For the first 24 hours, you will go home with a bandage wrapped around your penis. Do not try to re-wrap it in the first 24 hours. You will see the physician the next 1 – 2 days to ensure there is no major swelling that requires re-bandaging.
2. On post op day 2, we will remove your bandage and re-wrap the penis.
3. For two weeks after your procedure you need to apply the dressing yourself twice a day. First take the gauze with the hole in the middle and apply Vaseline around the hole and apply it to the penis. The penis goes through the hole. Then take the coban tape (brown dressing) to wrap the gauze around the penis.
4. You may shower the next day as long as your penis is covered with plastic or a waterproof covering, unless a physician indicates otherwise. Make sure the harsh stream of the shower does not hit your penis. You may take a regular shower after one week.
5. Do not go swimming in a lake or public pool until you are completely healed which is usually around 5-6 weeks.
6. Do not take part in any intensive activities.
7. Do not have sex (or masturbate) until you are completely healed (around 6 weeks).
8. Try not to allow your penis to dangle freely. Tightly fitted briefs are recommended to keep the penis upright.
9. In the event that you experience mild pain (including during an erection), especially in the first few days after the circumcision, over-the-counter pain medications such as paracetamol or ibuprofen can be used for pain relief. We generally advise paracetamol 1000 mg plus ibuprofen 400 mg 3 times a day for 5 days. If the pain is excessive, contact our office for further advice.
10. Five to seven days after your circumcision, you will return to the office for another follow up, then every two weeks thereafter.
11. A distended bladder often triggers erections. To avoid nocturnal erections, minimize fluid intake after 6pm and urinate before going to bed. You may want to set a time in the middle of the night to urinate. Applying ice is often helpful to reduce any nocturnal erections that occur.

Gentle Procedures Southeast

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