



# Infant Circumcision (Up to 3 months)

*Patient Information*



**Gentle  
Procedures  
Clinic**



Dear parent, thanks for visiting Gentle Procedures Perth.

This manual is for those who are considering having, or about to have, a circumcision procedure performed on your son. The purpose is to provide you with extra information about this process.

It's important to read this booklet thoroughly so that you are well informed about what to expect.

If you have any questions or concerns, please contact the clinic on 9286 9900 or [info@gentleproceduresperth.com.au](mailto:info@gentleproceduresperth.com.au).

**\* IMPORTANT :** If the doctor or nurse gives you specific advice that varies from what has been provided in this booklet, please follow the individual directions that you have been given.

# Contact

## **Gentle Procedures Perth**

First Floor, Cottesloe Central Shopping Centre  
460 Stirling Highway  
Peppermint Grove  
Perth, WA 6011

### **Opening Hours:**

Monday – Friday 8am – 6pm;  
Saturday 9am – 12pm; (consults only when Dr. avail).  
Sunday 9am – 12pm; (subject to Dr. avail).

 **Telephone : 08 9286 9900**

 **Fax: 08 9286 9910**

 **For After-Hours Emergencies :**

Dr Richard Newton : 0429 621 995

 **General Enquiries :**

[info@gentleproceduresperth.com.au](mailto:info@gentleproceduresperth.com.au)

**Website :** [www.gentleproceduresperth.com.au](http://www.gentleproceduresperth.com.au)

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# Welcome

Our goal at Gentle Procedures in Perth is to provide the highest standards of patient care and surgical excellence. In keeping with this philosophy, and to ensure that you are properly prepared before your son's circumcision, we have produced this manual that we request you read with care.

## About Gentle Procedures Perth

Gentle Procedures Clinic is the first circumcision clinic in Western Australia to use the revolutionary Pollock Technique™ of circumcision. Our private surgical rooms allow all ages of patient to access a circumcision or frenuloplasty promptly, avoiding long waits at local hospitals. Our patients come from far and wide, throughout Western Australia and the Northern Territory. Our team is highly experienced and skilled.

# About Dr Richard Newton

Dr Richard Newton is a Specialist General Practitioner with a wide variety of experience across many fields of medicine. This includes service as a military Medical Officer, and a rural and remote GP, in both the UK and Australia.

Having a strong background in surgery, Dr Newton has now made the latest technique for quick and virtually painless male circumcision a major focus of his practice. He trained in this procedure under Dr Neil Pollock, a foremost authority on circumcision. Dr Pollock resides in Vancouver, Canada. He is a clinical instructor at the Faculty of Medicine, University of British Columbia, and is an invited guest at many hospitals throughout the world. Dr Pollock has patented this particular technique, and other doctors performing circumcisions using this method must undergo rigorous assessment before practicing independently.

At Gentle Procedures Perth, we genuinely care about each and every one of our patients and their families as individuals. We appreciate that deciding upon a circumcision for your son is a big decision. We are dedicated to ensuring that you enjoy the best possible outcome, in the most convenient and comfortable manner.

## Getting Started

### What is circumcision?

Circumcision is a surgical procedure in which the foreskin that sheathes the head of the penis is removed. It is performed for preference, religious or cultural reasons, or for medical problems such as phimosis. Phimosis is where the foreskin has become tight and cannot be retracted easily.

Since the foreskin traps bacteria and other infectious agents, its removal may improve genital hygiene and reduce the risk of disease for both the patient and their future sexual partners. In 2012, the American Academy of Pediatrics issued a statement confirming that the health benefits of circumcision outweigh the risks.

Circumcision for your son is a personal decision. You must make this decision after carefully considering the various benefits and risks.

## What is the ideal age for circumcision?

The ideal age is within the first six weeks of birth, as very small babies are less aware of the procedure. However, at our clinic we provide circumcision for males of all ages, for both medical and cultural reasons.

## What are the potential benefits of circumcision?

- 1. Improved hygiene** – micro-organisms such as bacteria and fungi accumulate under the foreskin, which can lead to conditions such as balanitis (inflammation or infection of the head of the penis). The risk of balanitis after circumcision is at least halved. Smegma, which is a cheesy-like secretion, can also accumulate under the foreskin, not infrequently producing an offensive odour.
- 2. Reduced risk of urinary tract and bladder infections** – As micro-organisms can accumulate under the foreskin, bacteria have a greater chance of migrating up the urethra causing urinary tract infections (UTIs), especially in infancy. Studies suggest an over 10-fold decrease in risk of urinary tract infection in circumcised infants. UTIs are a potentially painful and dangerous condition, as they can result in kidney inflammation and scarring. Studies also suggest that the protection against UTIs from circumcision as a baby continues into adulthood.
- 3. Eliminates risk of phimosis** – Phimosis is a condition where the foreskin becomes so tight that it cannot be pulled back fully, resulting in pain or even bleeding during intercourse. Phimosis also contributes to UTIs, balanitis, problems passing urine, and sometimes even kidney stones. Circumcision eliminates the risk of phimosis, which affects as many as 1 in 10 older boys and men.
- 4. Reduced risk of penile cancer** – Studies have shown an over 20-fold reduction in the risk of invasive penile cancer after circumcision.
- 5. Reduced risk of prostate cancer** – Uncircumcised men have a 1.6-2.0 fold higher risk of prostate cancer.
- 6. Reduced risk of HIV/AIDS** – Circumcision reduces the risk of getting HIV or AIDS by a factor of 3 if having sex with an infected woman. This is because the HIV virus enters through the inner lining of the foreskin which is thin and vulnerable. Ulceration and tearing are also more common in uncircumcised men, adding to the risk of HIV entry.
- 7. Reduced cervical cancer in women** – Circumcision reduces the female partner's risk of cervical cancer risk 5 fold. This is because there is less risk of exposure to the Human Papilloma Virus, now known to be the main cause of cervical cancer, from circumcised men.

## What are the potential risks of circumcision?

- 1. Bleeding** – occasionally there may be bleeding after the procedure, however significant bleeding is very rare in newborns. Note, it is vital that you tell us if your son has a bleeding disorder, or is on blood thinners or anticoagulant medication, as this would greatly increase the potential risk of bleeding.
- 2. Infection** – there is always a small possibility that there could be an infection requiring antibiotics after any form of surgery, but serious infections are very rare especially in newborns.
- 3. Skin closing back over** – when there is a lot of fat in the pubic region, the shaft of the penis can mainly lie within this fat, with not so much penis being external. This gives rise to an increased risk of the skin closing back over the end of the penis after the circumcision. This situation is very rare in infants but can be slightly more common from 3 months of age onwards. If your son has the appearance of a buried penis, we may discuss with you postponing the procedure.
- 4. Meatal stenosis** – this is a narrowing of the urethra that may occur after the procedure. Very low risk.
- 5. Trauma or injury to the head of the penis** – very low risk.
- 6. Suboptimal cosmetic result** – very occasionally, a patient or parent may wish for more skin to be removed even after a successful circumcision. This is very uncommon. It is important to be aware that it can take 12 months for full healing of the wound to occur, and for new collagen to form and tighten any baggy skin.
- 7. More serious complications including death** – exceptionally rare.

# The Procedure

We perform the circumcision operation under a local anaesthetic, meaning that your baby is awake. The advantage of this is that he does not need to be admitted to hospital, or to be exposed to the small but significant risks of having a general anaesthetic. The following steps are taken to ensure your son, is as comfortable as possible during the procedure.

- 1. Pain relief medication before you come to the clinic** – We will ask you to give 1ml of Baby Panadol to your son one hour prior to the procedure.
- 2. Topical anaesthetic cream to numb the skin** – On arrival at the practice, your child will have topical anaesthetic cream applied to the penis, to numb the surface skin.
- 3. Pain-blocking injection of local anaesthetic** – After the local anaesthetic cream has been on for 10 minutes or so, your son will be given an injection called a 'dorsal penile nerve block' into the soft tissue alongside the base of his penis. Dr Newton uses a combination of both short and long-acting anaesthetic. This provides comfort and coverage for both the procedure and for hours afterwards.
- 4. Sugar ball during the circumcision operation** – Ten minutes after the injection, the penis is fully numbed and the circumcision can be done. During the circumcision your son will be offered a sugar ball to suck on for additional comfort.

Although circumcision is a very quick procedure for newborns, you will be in the clinic (or its immediate surrounds) for about 2 hours in total. This is so that we can monitor for any early bleeding, carefully review with you the post procedure care, and answer your questions before you go home.

## Our caring team is always available

We understand that the safety concerns are always number one. Should you have any concerns, during working hours please call the Clinic and we will address these.

**For questions or concerns that arise after hours, if urgent, please call Dr Newton on 0429 621995.** In the unlikely event that an emergency occurs (such as heavy bleeding) and you are unable to contact Dr Newton or are some distance away, we would suggest going to your nearest hospital Emergency Department. Dr Newton is very happy for other doctors at an Emergency Department to contact him.

We are also happy to respond to less urgent queries via text messaging to Dr Newton's mobile as above.

# Patient Instructions

## Before arrival at the clinic :

- The clinic **MUST receive consent from BOTH parents** for the procedure to go ahead. If one parent is unable to attend on the day, please email your consent, along with a copy of a valid drivers' licence, to: [info@gentleproceduresperth.com.au](mailto:info@gentleproceduresperth.com.au). Please contact us in advance if there are any problems or concerns with this.
- On the day of your son's circumcision it is best to feed your baby just before you leave home to ensure comfort in our clinic. If your baby is hungry when you arrive, you can feed him for 15 minutes as soon as you arrive, and again immediately afterwards. For your baby's comfort it is preferable that he is 'wind free' during the procedure.
- Please give your son 1ml of 'Baby Panadol' just before leaving your house. Please avoid giving other medication unless agreed in advance with Dr Newton.
- Please arrive 15 minutes before your appointment time. Late arrivals may be rescheduled for another day.
- Please also remember to bring in 2 baby blankets/wraps suitable for swaddling.
- Plan to be in the clinic for around 90 minutes.

## At the clinic :

- We first apply the topical anaesthetic ointment to your son's penis.
- After 10 minutes, your son will receive a dorsal penile nerve block injection through a tiny needle into the area already numbed by the topical cream. After 6-8 minutes, the penis will be numb.
- Your son will receive a sugar dummy to suck on while the circumcision is completed. It usually takes 30secs-1 minute.
- The nurse will then apply a small Vaseline bandage and talk through the relevant aftercare with you.

## The first 24 hours following circumcision :

- Keep your son's legs snugly swaddled. The more he kicks his legs, the less comfortable he may be. After 24 hours, you no longer need to swaddle him unless he finds comfort in doing so.
- There will be a long **white gauze dressing wrapped** around your son's penis. Leave this gauze in place, **then remove after 24 hours**. If it falls off earlier, do not worry and leave off. If it is dry or stuck when you are trying to remove after 24 hours, you may need to pull slightly harder and expect that there may be a little bleeding which occurs when doing this. This is normal and you may need to apply some direct pressure to the head of the penis, as we taught you in the clinic. You may use some warm water to wet the dressing to help remove it. If there is bleeding, maintain firm pressure for 3-5 minutes, check to see if it has resolved, if not reapply pressure for another 3-5 minutes.
- There will also be a **square white gauze pad** with Vaseline placed over the head of your son's penis. Leave the gauze in place and **remove it after 24 hours**. If it has fallen off before that, do not worry – just replace it with a fresh gauze (given to you in a bag at the clinic) with some Vaseline on it. Put it over the penis and close his nappy. The Vaseline is to reduce any rubbing/friction between the exposed head of the penis and his nappy, and promotes healing.
- Please check your son's nappy every waking hour for the next 24 hours to look for any abnormal bleeding. If he is sleeping, just look at the front of the nappy; if no blood has seeped through, his penis is likely not to be actively bleeding. It is normal to see blood stains the size of a 10 cents piece with each nappy change. It is NOT NORMAL to see blood dripping from the penis.
- If the white gauze is soiled with urine, do not worry. Just leave it alone. If it is soiled with stool (poo), remove the gauze gently, rinse his bottom with warm water, and replace the gauze with Vaseline on it.
- **No gauze bandages are required after the first 24 hours**, just generous amounts of Vaseline to be applied over the head of your son's penis at every nappy change. It is normal for your son to be a little irritable or sleepy for the first 24 hours following circumcision.

## General care following the circumcision :

- Most babies like to nurse in a quiet environment following the circumcision. A baby who cries for more than a few minutes could be uncomfortable from air swallowed during the procedure and will need to be burped. Further pain relief (Baby Panadol) might be necessary later in the day.
- Healing is promoted by keeping the area clean and dry. Use disposable

nappies for the first week; they are less irritating and help keep the area drier and cleaner. **Do not bathe your son** until the follow-up appointment, or as discussed with the nurse. You may sponge bathe the rest of your son's body in the meantime. You may also gently clean the area around the penis with warm water and a soft washcloth. **Do not use baby wipes, towelettes, alcohol, powders or lotion**, as these may cause irritation.

- Avoid unnecessary car travel, as car seats can be irritating to a newly circumcised penis. If you are using a car seat, a folded nappy placed between your baby and the car seat straps will help prevent pressure on the penis.
- For the following weeks after circumcision, put a generous amount of Vaseline on your finger and rub it over the incision site, placing a thick layer of ointment over the entire head of the penis at every nappy change.
- If the skin has moved up a little bit, push it down off the head of the penis to just behind the back rim of the head. This will ensure it heals properly. Simply ensure you can visualize the entire head of the penis all the way around. If you are unsure, please make a follow-up appointment. You may also send a photo to Dr Newton (on his private emergency number), to ask if he needs to be seen again. Do not do any pushing back of the skin for the first two days because it will be swollen from the surgery. It is important to avoid 'skin bridging' which results from the shaft skin or mucosa attaching to the head of the penis. Again, if you are unsure of the appearance of your son's penis, please bring him in to see our nurse.

## What To Expect After Circumcision

### The healing process

Healing is usually rapid and occurs in several stages. A circumcision is like any other cut to the skin - there are many factors that influence healing, but most importantly, every person heals differently.

First, the cut edge seals and bleeding ceases within minutes, hours or sometimes over the course of an entire day. The area just behind the head of the penis, especially on the underside, will become swollen. Sometimes parents mistake this for a blister. In fact, this is normal and will subside within a week or two.

In the first two days, there may be an **off-white or yellowish**, patchy appearance of the head of the penis. These patches are a type of scab and associated with normal healing. After a few days the area where the skin was cut may look green and yellow.

This is NOT pus or infection! It is part of the normal healing process and it can remain this colour for up to two weeks after the circumcision. Often, doctors who are not familiar with the circumcision healing process may mistake it for infection. Please follow up with **OUR** clinic if you are in any way concerned, so that you receive the best treatment.

You will also notice that the head of the penis appears red and glossy, sometimes purple or blue. This is because the skin covering the head of an uncircumcised penis is a mucous membrane (like the inside of your cheek). Once exposed to the outside, the mucous membrane will toughen (or keratinize) and in time take on a normal appearance, getting lighter in colour. It takes approximately a month for the penis to take on a normal healed appearance.

## The appearance of the penis after healing :

A common concern for parents is aesthetics. Remember that penises come in all shapes and sizes. While most penises 'look normal' within days of the circumcision, some do not take on a 'completely normal appearance' until after the penis starts to grow after many years. For example; there may be more mucosal tissue on one side compared to the other. This is a normal anatomical variation and will resolve over time as your son grows older. Furthermore, although the penis may appear smaller after circumcision, it is not! This appearance is mostly due to the relaxation of the skin surrounding the penis, which prior to circumcision held the penis up in a more erect state.

In nearly all of these cases the penis will heal properly, and in time, take on a normal appearance. If you are concerned in any way about the appearance of your son's penis, please call to consult us.



*You will notice a swollen ring at the base of the penis head. Sometimes it is more prominent on one side than the other. This is normal and no cause for concern.*



*You may notice a band on the bottom of the penis after circumcision. This is normal and no reason for concern.*

# Frequently Asked Questions.

## How will my baby behave after circumcision?

It is not unusual for a baby to sleep 6-8 hours after the procedure and to miss a few feeds. While some babies can be irritable after the procedure, most are back to their normal selves within 48 hours.

## Will it hurt when he urinates?

It may sting a little in the first 24 hours but after that it should not be painful.

## How do I clean the gauze and penis if there is stool (poo) on it?

Try to clean the area as best you can with a wet, warm cloth, not baby wipes.

## When can I start bathing my baby or immersing him in water?

The nurse will advise you after the procedure, at the first checkup. You can usually start bathing after 3 days.

## How long do I apply the Vaseline to the penis for?

Apply a generous amount of Vaseline over the incision site and the entire head of the penis with every nappy change for at least 2 weeks.

## What happens if the gauze falls off early?

If the long yellowish waxy gauze dressing falls off, leave it off. If the square white gauze falls off, reapply a fresh gauze smeared with Vaseline.

## How do I remove the gauze if it's sticking?

Firmly peel away the bandage. You may need to peel harder if it won't come off initially and be prepared for the penis to bleed slightly. You may need to apply pressure on the area for a few minutes to stop the bleeding. If you are having trouble, please call our clinic and we will do it for you at a follow-up.

## If I remove the gauze and there is bleeding, what should I do?

To stop bleeding; you grasp the penis between your thumb and two fingers and apply direct pressure to the penis for 3 minutes. Use the same pressure you would use to stop a cut on a finger. Inspect the area for continued bleeding and repeat if necessary. If you have applied pressure twice and the penis is still bleeding call our clinic on 9286-9900 or head to your nearest Emergency Department. If you are seen by another doctor, please ask them to call Dr Newton for advice and procedure history.

## What do I do if there appears to be bridging of the skin onto the head of the penis?

Please call our clinic to arrange a follow-up appointment.

## What do I do if I can't see the head of the penis after the gauze falls off?

Please call our clinic to arrange a follow-up appointment.

## Why is my son's penis retracting into his body, looking 'concealed'?

When there is a reasonable amount of pubic fat, or when the length of the penile shaft is no greater than its diameter, the penis may tend to retract inward. If your son fits this profile, you can reduce the chance of a concealed penis by applying Vaseline to the entire head of the penis once a day until it takes on a healed appearance (up to 6 months). To expose the head of the retracted penis, place gentle downward pressure on either side of the penis. Call our clinic to arrange a follow-up appointment if the head cannot be fully exposed. In some rare it may take months or even years before the penis stays consistently outward.



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Thank you for your  
interest in Gentle Procedures  
Infant Circumcision.

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