

# Circumcision / Frenuloplasty in Children



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

Who to contact and how: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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03033 306999  
[www.nlg.nhs.uk](http://www.nlg.nhs.uk)

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# Information for patients

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## What is a circumcision?

A circumcision is when the fold of skin that covers the tip of the penis (the foreskin) is mostly removed. Any remaining skin is usually stitched with dissolvable stitches.

## What is a frenuloplasty?

This is a procedure which divides the frenulum; small tag of skin stretched between the shaft of the penis and the foreskin and is stitched usually with dissolvable stitches.

## Why is an operation necessary?

The main medical reasons are:

- When the foreskin is narrowed or tight and cannot be pulled back.
- Recurrent infections under the foreskin (balantitis).

## Will my son have to have a general anaesthetic?

Yes. Circumcisions / frenuloplastys can be painful operations and are therefore best undertaken under general anaesthetic.

## How long will my son remain in hospital?

This will depend on how well your son recovers from the operation. However children are usually allowed home on the same day or within 24 of their operation. Your son will not be allowed home until all their observations (temperature, pulse and breathing) are within normal limits. Doctors will review your son before he is discharged home.

## Advice upon discharge following a general anaesthetic:

- On the day of discharge encourage him to rest at home
- Allow a light diet on the day of discharge, returning to a normal diet the following day
- Provide your son with pain relief as required, e.g. Paracetamol / Ibuprofen for a few days after the operation

## Advice upon discharge following a circumcision:

- The penis will almost certainly be swollen and red
- The end of the penis will become crusted
- Your son may pass urine in several directions at once because of the crusting

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### **Please note the swelling and crusting may last up to 14 days**

- Your son should have 2 baths daily for the first 3 days. Then 1 bath daily until the swelling and crusts have gone
- Please ensure your son sits in the bath for at least 20 minutes
- Encourage him to wear loose fitting trousers for 5-7 days. Boxer shorts and jogging bottoms are best

### **Advice upon discharge following a frenuloplasty:**

- Encourage drink as the urine is less concentrated and is less likely to sting
- Twice daily for one week pull back the foreskin and bring the foreskin back down over the end of the penis
- After 1 week retract the foreskin daily in the bath. If your son is old enough he should be taught how to do this for himself as part of daily hygiene

### **When can my son return to school?**

#### **Circumcision:**

- He will need to be off school for 7 days after the operation
- He should be excused from PE for 2 weeks

#### **Frenuloplasty:**

- He will need to be off school for 2/3 days after the operation
- He should be excused from PE for 1 week

### **Will my son need to be seen after leaving hospital?**

You should make an appointment for your son to be seen by your GP or Practice Nurse 2-3 days after they have been discharged from hospital.

Children are not usually reviewed again at the hospital. However if the surgeon wishes to see your son again in the outpatient clinic, you will be advised of this upon discharge.

Your son may be referred to the Children's Community Nurse for advice and support.

### **What are the benefits of this operation?**

Circumcision / frenuloplasty will help relieve the symptoms your son has been suffering from.

### **What are the risks?**

As with any operation, there is a risk of complications from the surgery and with the anaesthetic. However, the risk is very small.

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Below are some of the risks:

- Bleeding may occur from the wound site. If so, apply light pressure and if the bleeding persists, seek medical advice
- The wound may become infected. If the wound is red, excessively tender or has persistent oozing please seek medical advice as soon as possible
- It is common to experience bruising and swelling
- Some children suffer side effects like sickness and or a sore throat from the general anaesthetic, but this will go

If you are concerned about any of the above please seek medical advice from your GP, Ward staff or the Children's Community Nursing Team

## Alternatives

There are no recommended alternatives to this surgery.

## Contact Details

**Rainforest Ward, Diana Princess of Wales Hospital, Grimsby**  
Tel 03033 304477 or 03033 304478

**Children's Services Community Nursing Team – Grimsby**  
Tel 03033 304509 or 03033 305193

**Disney Ward, Scunthorpe General Hospital**  
Tel 03033 302553

**Children's Services Community Nursing Team – Scunthorpe**  
Tel 03033 306155 or 03033 306153

## References

[www.nhs.uk/conditions/circumcision](http://www.nhs.uk/conditions/circumcision)

## Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

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