

# UROLOGICAL ASSOCIATES OF WESTERN COLORADO

(970) 243-3061  
FAX (970) 245-8369  
790 WELLINGTON AVENUE, #202  
GRAND JUNCTION, CO 81501

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A.Z.BESHAI, MD  
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## **Pre Circumcision Instructions**

You are scheduled for a circumcision on \_\_\_\_\_. Your circumcision will be done at our office located at 790 Wellington Avenue, Suite 202.

On the day of your circumcision, please do the following:

1. Shower that morning and wash the genital area with soap and water for approximately 5 minutes.
2. Eat a light breakfast or lunch prior to your circumcision. **DO NOT** go without food.
3. You have no fluid restrictions for the day.
4. If you are on medication, you may take it as you would normally.
5. Stop all aspirin products, Motrin, Advil, ibuprofen, 5 days before the circumcision. If you need pain medication, take Tylenol.
6. If you take Coumadin or any other blood thinners, stop taking them 5 days prior to the circumcision.
7. Take your antibiotic pill and your pain pill 2 hours before your surgery.
8. If you have been given a Valium prescription, take it 2 hours before your surgery.
9. Arrive at the office at least 15 minutes before your appointment.
10. You **MUST** have someone drive you to the office and home afterwards.

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## **Post Circumcision Instructions**

1. Someone **MUST** drive you home.
2. You may not drive for 6 hours.
3. You are to go home and put an ice pack over the surgical area for about 15 minutes out of every hour for the next 6 hours.
4. You are to take your antibiotic as instructed.
5. You are to take your pain medication as needed.
6. You may resume taking aspirin products in the morning.
7. If you take Coumadin or any other blood-thinning medication, you may resume taking it in the morning.
8. You may remove your dressing in the morning. If your dressing falls off, place a gauze dressing from your kit around the incision site and hold it in place with tape or your jockey shorts.
9. If you have blood oozing from the incision site, place the gauze pad over the site of the bleeding and hold it in place for 5 minutes to 10 minutes.
10. You may shower the morning after the circumcision. After your shower, place antibiotic ointment on the incision and wrap with a gauze pad for 3 to 5 days.
11. Try to avoid spontaneous erections for 30 days. If you get a painful erection place an ice bag over the penis for a few minutes.
12. No intercourse for 30 days.
13. No bicycle riding, weight lifting, running, contact sports or horseback riding for 14 days.
14. Keep the suture line clean with soap and water and shower daily.
15. If you experience bleeding that will not stop with pressure, increasing redness or pain at the surgical site, or fevers, contact our office or the emergency room.
16. **Your post circumcision appointment is scheduled for \_\_\_\_\_.**