

# ***Women's Health Partners, LLC***

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## **PROCEDURE EDUCATION LITERATURE**

We recommend that you read this handout carefully in order to prepare yourself or family members for the proposed procedure. In doing so, you will benefit both the outcome and safety of the procedure. *If you still have any questions or concerns, we strongly encourage you to contact our office prior to your procedure so that we may clarify any pertinent issues. "An educated patient is the best patient"*

### **NEWBORN CIRCUMCISION**

#### **Definition**

Circumcision = a surgical procedure to remove the skin covering the end of the penis, called the foreskin.

Parents *have a choice* as to whether their male baby is circumcised. Circumcision is an *elective* procedure and there are no medical requirements that circumcision be performed. Many parents choose to have circumcision performed as part of a religious or ceremonial tradition. Historically, circumcision was performed to improve male hygiene. Religious rites, tradition, and potential medical benefit continue to make newborn circumcision a common procedure.

Most newborn circumcisions are performed within the first few days of life and before mother and baby are discharged home. Some of the possible medical benefits of circumcision include:

- Fewer urinary tract infections in the first year of life (urinary tract infection is rare in newborn boys regardless of circumcision or not)
- Although cancer of the penis is rare, uncircumcised men appear to have a higher chance of this developing

Differences in hygiene, chance of inflammation of the tip of the penis, and sexual sensation are not seen between males who are circumcised and uncircumcised.

In a policy statement issued in 1999, the American Academy of Pediatrics cited insufficient evidence to recommend routine circumcision for all newborn boys. For these reasons, the decision to circumcise your newborn boy deserves careful thought and should be made based on what is best for the baby.

There are several ways to perform a newborn circumcision. Your doctor will either place a clamp that is removed immediately with the foreskin or a plastic bell that stays on for a short period of time (a few days).

Complications of newborn circumcision are rare and most problems are minor. The most common complications to circumcision are bleeding and infection. More serious complications, such as serious infection, poor cosmetic result, and accidental removal of the glans (head of the penis) occur even less often.

#### **Preparation**

There is no specific preparation necessary prior to having your newborn baby boy circumcised.

#### **Procedure**

There are several methods to remove the foreskin. Each surgeon is comfortable with and typically favors a specific approach. In the end, the result is the same.

The baby will be taken to an area designated for circumcision. The penis and foreskin will be inspected and cleaned. Some doctors will give one of several types of anesthesia to help decrease the pain your baby feels. A clamp will be attached to the penis, and the foreskin removed. The end of the penis is then covered with ointment and gauze.

#### **Post Procedure**

Holding your baby close and feeding him can help to calm your son after his circumcision. There will be a small dressing directly around the penis that covers the incision. Your doctor will tell you when to remove and change this dressing, often this is done at the first diaper change. Do not become concerned if a small amount of blood is on the diaper, penis or dressing; this is a normal part of healing. Keeping the penis clean will aid in

healing.

**Expectations of Outcome** Circumcisions typically heal quite well. There is no special care necessary once the incision has healed completely. This usually takes one to two weeks.

**Possible Complications of the Procedure**

All surgical procedures, regardless of complexity or time, can be associated with unforeseen problems. They may be immediate or even quite delayed in presentation. While we have discussed these and possibly others in the consultation, we would like you to have a list so that you may ask questions if you are still concerned. Aside from anesthesia complications, it is important that parents be made aware of all possible outcomes, which may include, but are not limited to:

- **Infection:** Infection is possible following any procedure. Usually, warm compresses and antibiotics are sufficient. Occasionally, an infection would require partially opening the wound to allow proper drainage
- **Bleeding:** A small amount of bleeding may occur following circumcision. Occasionally, further treatment is necessary to control bleeding.
- **Poor Cosmetic Result:** Circumcision is an elective cosmetic procedure. As such, it is possible for the foreskin to be removed unevenly or for the scar tissue formed by normal healing to result in what might be thought of as a poor appearance.
- **Injury to the Glans (Head) of Penis:** This is an extremely rare complication. When recognized, we will do what is indicated to repair the injury.

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Patient Signature

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Date

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Patient Name          Patient ID #

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Date

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Physician Signature

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Witness

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Date

The information contained in this Medical Informed Consent Form ("Consent Form") is intended to solely inform and educate and should not be used as a substitute for medical evaluation, advice, diagnosis or treatment by a physician or other healthcare professional. Please call your doctor if you have any questions.