

Circumcision

Older Infants

Children

Adolescents

Adults

*Surgical
Excellence*

*Providing
our patients
with the
highest
standard
of
patient
care*



Gentle Procedures Clinic
Circumcision

CIRCUMCISION

OLDER INFANTS CHILDREN ADOLESCENTS ADULTS

Local Anesthetic

Quick Surgical Technique

New 90-Second Skin Glue Closure Method

Dr. Sharier now provides circumcision from newborn to adulthood. With the combination of short and long acting local anesthetics, our quick surgical technique (proven safe on 35,000 infants) and 2-octyl cyanoacrylate skin glue, we can now provide a comfortable circumcision procedure for all ages.

With the introduction of our skin glue closure method to replace the standard suture closure technique, we have been able to obtain an improved cosmetic outcome without the typical suture track marks in the mucosa and skin. In addition, glue closure is 10 times as quick.



Prior to the procedure all patients receive a detailed explanation of potential complications and their management as well as a review of the aftercare instructions. Post-operative assessment is provided by Dr. Sharier at no charge as a courtesy to the families. Every family is called by our office after surgery to ensure the patient is comfortable and doing well.

TEL: 02 8211 - 8888

FAX: 02 8211 - 8889

Our Mission

"To uphold the highest international standards of male health care in circumcision, while treating our patients with compassion, dignity and respect"

Gentle Procedures Clinic
Circumcision

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For Emergencies Only

Dr. Sharier's Cell number

0412 584 609

Our goal at
Gentle Procedures Clinic
is to uphold the highest
standard of patient care.

In keeping with this philosophy
and to ensure that parents are
properly informed before their
child is circumcised, we have
prepared this manual which is
critical for you to review.

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INTRODUCTION

Many doctors throughout New South Wales recommend Gentle Procedures Clinic for patients choosing circumcision.

We offer:

- **Experience.** The Pollock Technique™ has been successfully performed on over 40,000 patients.
- **Expertise.** Our procedure is quick --- many times faster than conventional hospital methods.
- **4-step pain control protocol.** Pain is minimized through Panadol and Nozinan (if applicable), a topical freezing cream and local anesthetic injection.

ABOUT DR. MOHAMMAD SHARIER

Dr. Mohammad Sharier is a Fellow of the Royal Australian College of General Practitioners. He has more than ten years experience as a medical practitioner. Through his work in general practice Dr. Sharier developed an interest in Circumcision. He has undergone extensive training with Dr. Neil Pollock who is a foremost authority on circumcision and the pioneer of The Pollock Technique™ in North America.

Dr. Sharier provides the highest level of care while delivering surgical excellence exceeding most patient expectations.

Dr. Sharier is supported by a dedicated and highly qualified team who ensure the utmost comfort and superior care of the patient, in fully equipped procedure rooms.

WHAT IS CIRCUMCISION?

Circumcision is a simple procedure in which the foreskin that sheathes the head of the penis is removed. It is regarded as one of the safest routine procedures today, with over one million performed in North America each year.

Dr. Sharier uses The Pollock Technique™, preferred for its quickness and safety. In conjunction with this technique, Dr. Sharier also applies the most extensive pain control methods available to ensure that his patient feels little or no pain at all.

Circumcision in older infants, children and adults is a more significant procedure than with newborns but with the experience of Gentle Procedures Clinic, any pain or possible complications are kept to a minimum.

Research shows that there are considerable medical benefits to circumcision :

- **It reduces the risk of urinary tract infection and penile infection (balanoposthitis)**
- **It reduces the risk of acquiring sexually transmitted diseases including herpes, venereal warts (HPV) and AIDS**
- **It has been shown to reduce the risk of prostate cancer, penile cancer and cervical cancer.**
- **Circumcised men have less risk of sexual dysfunction later in life.**

INSTRUCTIONS BEFORE CIRCUMCISION

7 days before circumcision

- DO NOT take or give your son any anti-inflammatory medications such as Advil / Nurofen (Ibuprofen), Naproxen or Aspirin. Patients who took Advil, Nurofen, Naproxen or Aspirin will be cancelled and rescheduled for another surgery date.

Day of Circumcision :

Before you arrive:

- Plan to be at the clinic for at least 1 hour to a maximum of 3 hours. This includes preparation time, surgery and recovery time to make sure that you are ready to travel home.
- Please arrive 15 minutes before your appointment time. Late arrivals will be rescheduled for another date.

- Patients must have a good meal before leaving home. Avoid caffeinated products like chocolate, nutella and any softdrinks. Caffeine decreases the effect of the sedating medicine (if sedation is required for your child).
- Patients must wear comfortable, loose fitting pants or trousers such as pajamas or sweat pants.
- Things to bring to the clinic to ensure comfort:
 - plenty of water or fruit juices
 - some snacks like crackers
 - Panadol or Tempra (liquid Panadol for children)
 - hand held game devices or tablets for entertainment

*****Patients must take Panadol 1 hour before surgery according to the dosage based on the patient's weight.**

AVOID ADVIL / NUROFEN, IBUPROFEN, or NAPROXEN.

Patients who received Advil / Nurofen or Naproxen or any other anti-inflammatory medicine will be cancelled and rescheduled for another surgery date. ***

After you arrive :

For parents with children:

- Children 1- 5 years old may be given Nozinan (levomepromazine), a sedating medication. Older children aged 6 years old and above **may not** require use of Nozinan.
- If your son received Nozinan, he must eat food every ½ hour until his surgery. If he is not a good eater a good alternative is fruit juices, crackers or potato chips.
- While under medication, keep your son under constant supervision. Do not let him wander into dangerous areas such as stairways without being held on to. Be careful and understand that children under Nozinan will be uncoordinated and have a tendency to lose their balance. Some children experience abnormal muscle movement or rigidity. Keep him in your sight the entire time and hold onto him whenever he moves. Your son cannot be left alone and do any activity without being supported.

*****Nozinan should not be given together with any other medication unless cleared first with Dr. Sharier. Nozinan should not be given if there is a history of irregular heart rhythm in any member of your family. Please discuss any medical problems or conditions with Dr. Sharier prior to surgery*****

At the Clinic :

- We first apply a topical anesthetic cream to the penis to numb the skin.
- Next, Dr. Sharier will give a dorsal penile block – an injection through a tiny needle – into the area that has already been numbed by the cream.
- After 7-10 minutes, the penis will be frozen. Dr. Sharier performs the circumcision.

THE POLLOCK TECHNIQUE FOR CIRCUMCISION

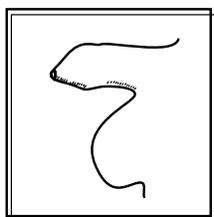


FIGURE 1.

Profile of an uncircumcised penis with the foreskin covering the glans (head of the penis).

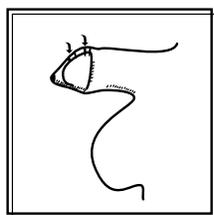


FIGURE 2.

The penis is drawn as if the foreskin is transparent, so that you can see the foreskin in relation to the glans. Notice the adhesions between the inner side of the foreskin and the glans. These are present from birth and must be released before the actual circumcision.



FIGURE 3.

The penis following circumcision. The cut edge of the skin retracts to just behind the back rim of the glans. This is the site of healing.

After the surgery :

Children aged 1 – 5 years old (given Nozinan) –

After surgery, your son should have lots to drink. Try to give him water every ½ hour or a glass of juice to eliminate the medication from his body. Your son may sleep for as long as 5-8 hours after returning home from his surgery. This is a common occurrence. Wake him every ½ hour to give him some sweetened juice. He should be easily aroused even during his post-operative sleep. In rare instances, your son may appear pale and feel dizzy. Should this happen, just lay him down and give him sweetened juice. The symptoms should go away after a few minutes. If you have any concerns, please call Dr. Sharier at 0412 584 609.

Older children, adolescents and adults –

After surgery, you may feel a little bit of discomfort especially at the tip of the penis. Take Panadol every 4-6 hours for pain control. In rare instances, some may appear pale and feel dizzy or light-headed. Should this happen, just lay down and drink some sweetened juice. The symptoms should disappear in a few minutes.

FIRST 24 HOURS :

- Check the area for active bleeding every 1-2 hours.
- Make sure you are able to urinate, which you should be able to do within 8-12 hours after leaving the clinic. If you haven't urinated for more than 8 hours, please call Dr. Sharier immediately at 0412 584 609.
- For children: Take Panadol every 4-6 hours with the dosage according to your son's age and weight.
- For older adolescents and adults: Take Panadol every 4-6 hours. Do not take Advil or Nurofen.
- Keep the dressing as dry and intact as possible. Clean around the penis area with a soft cloth in lukewarm water.
- Do not take / give a full bath or shower until the follow up appointment with Dr. Sharier. He will let you know when a full bath can be taken.

AFTER 1 DAY :

- Some minimal swelling may develop. This is part of the **normal healing process**.
- Come back to the clinic the day after your surgery. Take / give 1 dose of Panadol 1 hour before your appointment. Some of the bandages may be removed at this time.
- You will be given packages of sterile gauze and a tube of Vaseline to be applied on the wound from the 2nd day of the surgery. A staff member will teach you how to change the bandages at home.

AFTER 2 DAYS :

- A full shower may be taken. Gently clean the penis with lukewarm water to make sure that all dried blood and extra glue have been washed off.
- Change the bandages after taking a shower. Apply antibiotic ointment (Polysporin) and Vaseline on the wound using a cotton bud or Q-tip. Wrap with the sterile gauze we have provided.
- Shower and change the bandages daily for 7 days.
- Older Children, teens and adults may start taking Advil / Nurofen (Ibuprofen) 200 mg 1 tablet every 6 hours as needed to reduce swelling.

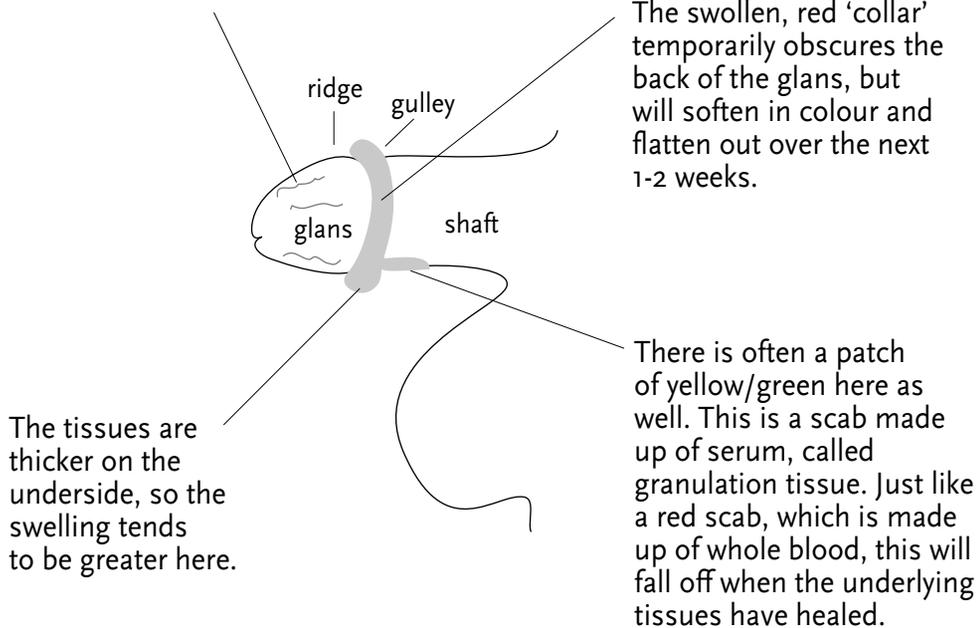
AFTER 1-2 WEEKS :

- Continue applying antibiotic ointment (Polysporin) until the wound is completely dry and healed.
- Visit the clinic for an assessment of the healing process.

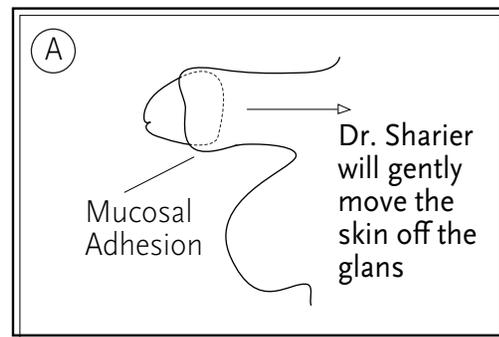
THE HEALING PROCESS

5 DAYS TO 2-3 WEEKS:

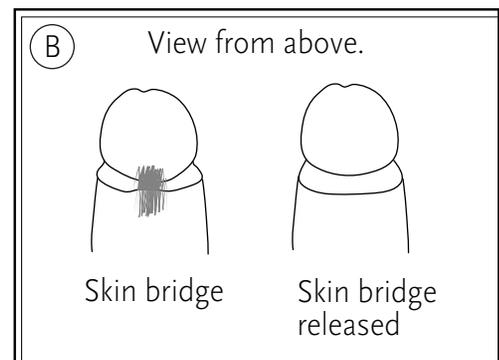
You will see a yellow/green, slimy discharge on the glans, it is normal - it is serous fluid (same as in a blister) mixed with Vaseline and is not an infection.



If the healing foreskin seems to be stuck to the glans, don't panic. Most often this is a **'mucosal adhesion'** (A) which will usually unstick itself after a week or so just with the normal friction of movement, bathing, or changing. These adhesions separate easily by gently peeling the edges apart, which Dr. Sharier will do at a follow-up visit, if required.



Less commonly, though, you may have a **'skin bridge'** (B) where new skin grows across the gully attaching the shaft skin to the head of the penis. These can be more difficult to separate if left too long, so it is best to bring these to Dr. Sharier's attention immediately, so he can separate them as soon as possible.



****Parents often comment on the deep, ruby red colour of the glans ---this is the normal colour of the glans while it is inside the foreskin. After several weeks of being exposed to the outside, it will become lighter in colour. After the cut foreskin stops bleeding, it will continue to ooze plasma for about a week or so, and when it dries and mixes with Vaseline, it takes on that slimy, yellow appearance. ****

If you have any concerns regarding the appearance of the penis, book an appointment with the office for re-examination by Dr. Sharier.

DR. SHARIER'S emergency cell phone number is: 0412 584 609

What to watch for

Please watch carefully for the following possible complications:

Fever – If the patient (yourself or your son) feels warm or has a temperature greater than 37.9 degrees Celsius, please let Dr. Sharier know immediately.

Infection - If you notice redness, pus, or foul smell coming from the surgical area, call Dr. Sharier immediately. The most common time for infection to present itself is in the first week after surgery.

Bleeding - Having a few drops of blood on the gauze, the size of a loonie, is normal. Blood dripping off the penis is NOT normal. If you see this, hold pressure on the bleeding area for two minutes and call Dr. Sharier immediately.

Peeing / urination – The patient (yourself or your son) may not urinate for a few hours after surgery. It is nothing to worry about as it is not uncommon after surgery due to discomfort, anxiety and effects of sedating medication. However, if the patient (yourself or your son) has not urinated at all after 8 hours, call Dr. Sharier. If there has been no urination by 12 hours you need to see Dr. Sharier immediately.

Concealed Penis -

When the length of the penile shaft is no greater than the diameter, or when there is a good amount of pubic fat, the penis may retract inward. This is normal. If your son fits this profile, you can reduce the chance of a concealed penis by applying a thin layer of Vaseline to the entire glans once a day, until the glans takes on a healed appearance (about 1-2 months).

- To expose the glans that has retracted inward, place gentle downward pressure on either side of the base of the penis. Consult with Dr. Sharier if the head of the penis cannot be fully exposed or if any connecting bridges form between the shaft skin and the head of the penis.

Dr. Sharier's emergency cell phone number is :

0412 584 609

Frequently asked questions

How will I behave or feel after the circumcision?

It is not unusual to sleep 6-8 hours after the procedure and to miss a meal.

Will it hurt when urinating?

It may sting a little bit for the first 24 hours, after that it should not be painful.

How often to take Panadol?

Every 4- 6 hours on the first day with the dosage based on age and weight, then as needed.

When to take a bath?

No shower until Dr. Sharier tells you it is ok to have a shower or a full bath. You can have, or give your son a sponge bath and gently clean around the penis area with a soft cloth in lukewarm water. Usually 2 days after the procedure, Dr. Sharier will allow the patient to have a shower.

What complications are possible from circumcision?

Complications are rare, the frequency varies with the skill and experience of the doctor and are infrequent in Dr. Sharier's practice. They may include:

- Significant post-op bleeding (5%)
- Phimosis or narrowing of the shaft-skin opening over the head of the penis (1 in 500)
- Buried or trapped penis in the abdomen (1 in 800)
- Infection requiring antibiotics (1 in 1000)
- Meatal stenosis or narrowing of the urethra (1 in 1000)
- Sub-optimal cosmetic outcome (1 in 500)
- Trauma to the head of the penis (never in this practice)
- More serious complications including death (never in this practice)

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Circumcision

To Book a Circumcision

Please call our office at 02 8211 - 8888

For a video demonstration
of Infant Circumcision
please visit our website.

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