

包皮环切术

术后护理

包皮环切术后照料孩子的说明

什么是包皮环切术？ 该手术切除包皮并露出阴茎头部。

我的孩子何时可以回家？ 大多数孩子在手术当天回家。如果您的孩子患有其他疾病，可能需要住院。

我在哪里可以观看解释如何在术后照料我的孩子的视频？ 我们制作了解释如何在术后照料您的孩子的视频。您可以在 YouTube 上搜索这些标题。由于年龄限制，您可能需要登录。

- “泌尿外科手术后如何照料您的孩子”
youtube.com/watch?v=epLQn5D62wk
- “阴茎手术后如何照料您的孩子”
youtube.com/watch?v=ppZeEKY848M



我的孩子何时可以进食？



- 开始时应吃清淡的饮食。
- 当您的孩子完全清醒时，他们可以喝清饮料，例如七喜（7UP）、果冻、冰棒和苹果汁。
- 恶心和呕吐在手术后很常见。如果出现这种情况，每次让您的孩子喝少量清饮料。
- 如果您的孩子没有出现胃部不适（恶心）或呕吐，并且完全清醒，让他们开始进食常规饮食。

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了解进一步详情

- 泌尿科
206-987-2509
- 普通外科
206-987-2794
- 请向您的孩子的医疗保健提供者洽询
- seattlechildrens.org

免费口译服务

- 请在医院内向护士询问。
- 在医院外，请拨打免费家庭口译专线电话 1-866-583-1527。告诉口译员您需要通话的人的姓名或分机号码。



我如何护理手术部位？



- 手术后，您的孩子的阴茎上可能会有绷带（敷料）。顶部会有一个开口，可让您的孩子小便。
- 如果您的孩子没有敷料，我们可能使用了 **PlastiBell** 环或手术胶。
- 从手术当天开始，用凡士林涂抹在孩子的手术部位。这可以在阴茎愈合时保护阴茎。

我的孩子可以洗盆浴、洗淋浴、游泳或身上弄湿吗？



- 头两天只能为孩子擦海绵浴。两天后孩子可以洗淋浴和快速洗盆浴 — 浸在水中的时间不超过 **10** 分钟。
- 两周内应避免长时间洗盆浴或在泳池、湖泊或海洋中游泳。

使用凡士林的提示

- 先将自己的双手洗净。
- 每次使用适量至大量凡士林。
- 不要用抗生素软膏代替凡士林。
- 如果您的孩子穿尿布，每次换尿布时使用凡士林。如果您的孩子会自己上厕所，根据需要每天使用 **3** 至 **4** 次。
- 使用凡士林两周或直到手术部位完全愈合。
- 用干净的手指或棉签涂抹凡士林。
- 将凡士林涂抹在 **PlastiBell** 环周围（如使用）或涂抹在阴茎头部手术敷料上（如使用）。
- 如果需要，将阴茎周围的部位（耻骨弓上脂肪垫）向后推，使凡士林覆盖整个手术部位。

我如何护理敷料（如使用）？

您的孩子使用以下两种绷带（敷料）中的一种：

- 透明敷料：**手术后 **2** 至 **10** 天会自行脱落，不需要拆除。
- 白色敷料：**手术 **2** 天后在家拆除。敷料有助于降低出血和肿胀的风险。
- 如果敷料被大便弄脏且无法擦干净，立即揭下敷料，以便清洁切口。即使手术后不到 **48** 小时，也可以将大便冲洗掉。
- 如果您揭除了脏敷料或敷料过早脱落，请勿更换。

取下白色敷料：

1. 让您的孩子在温水浴盆中坐约 **10** 分钟，这有助于使敷料松开，并更容易取下。
2. 如果绷带没有松动，让孩子在浴盆中再坐 **10** 到 **20** 分钟。
3. 如果敷料仍然不易脱落或似乎黏住，将 **1** 杯油（玉米油、蔬菜油、橄榄油或婴儿油）直接涂抹在阴茎上。让油浸泡 **20** 分钟，然后取下敷料。
4. 如果敷料仍未脱落，打电话给泌尿科诊所，获取更多提示。

我如何护理 PlastiBell 环（如使用）？

如果我们使用 PlastiBell 环，应当会在 5 天后脱落。如果环在 5 天前脱落，请打电话给我们，安排约诊。如果环在 10 天后仍未脱落，请打电话给我们，安排约诊。除涂抹凡士林（见上文）外，无需其他特殊护理。

在愈合过程中会发生什么？

- 系带是阴茎底部的一条正常的束带，看起来像一条沿着阴茎轴延伸的线。
- 切口周围部位会红肿。手术后第一天，您可能会在敷料或尿布上看到少量血液。您可能还会注意到一些瘀伤、黄色结痂。随着时间的推移，这会好转，但可能最长需要 2 个月才能愈合。
- 如需了解更多有关手术后情况的信息和照片，请查阅我们的手册《包皮环切术照片指南：手术后会发生什么》。seattlechildrens.org/pdf/PE2937.pdf
- 手术后第几天，尿布或内裤上可能会出现少量血迹。
- 如果您注意到您的孩子的尿布或内裤被血浸透，或者您看到手术部位在不断滴血，请对该部位施加恒定的压力 5 分钟以止血。如果出血继续，请打电话给西雅图儿童医院主院区急诊室，电话号码 206.987.2222。

我的孩子可以有多大的运动量？

- 手术当天密切观察您的孩子。
- 根据孩子的年龄，遵守以下活动指南。

如果您的孩子年龄不满两岁：



- 应当限制年龄较小的孩子自己爬动、步行和活动。
- 汽车安全座椅安全带和婴儿车带是安全的。按照制造商的说明使用。
- 两周内不要让您的孩子进行任何会增加双腿间压力的跨骑活动。
- **不要：**
 - 将孩子跨抱在您的臀部上
 - 让孩子在您的膝盖上弹跳
 - 使用婴儿背带
 - 使用有安全带的弹跳车玩具

如果您的孩子年龄超过两岁：



避免剧烈活动、粗暴对待或涉及跨骑的活动。一个好的经验法则是在两周内让孩子的双脚着地。

- 不要让您的孩子在手术后两周内参加以下活动：
 - 攀爬架/攀登
 - 健身课
 - 骑自行车/三轮车
 - 课后运动

我的孩子何时可以返校？

当您的孩子不再需要服用阿片类止痛药或在日间频繁地服用非处方止痛药时，您的孩子可以返校。请记住，学校护士需要愿意为您的孩子在阴茎上涂抹凡士林，或者您的孩子需要自己涂抹。

我的孩子会感到疼痛吗？

- 术后您的孩子可能会感到阴茎痛。我们与您的孩子合作，尽可能完全减轻疼痛。无论孩子的疼痛程度如何，都要相信他们正在经历疼痛，并立即做出反应。

我如何控制孩子的疼痛？



- 有效的疼痛控制将帮助您的孩子感觉更好并更快愈合。首先在手术后的头 2 天让您的孩子每 3 小时交替服用一次对乙酰氨基酚（Tylenol）和布洛芬（Advil 或 Motrin），然后将根据需要服用这些药物。在让您的孩子服用任何类型的药物之前，请先咨询医疗保健提供者。
- 如果您孩子的医疗保健提供者开具了一种阿片类止痛药，如果对乙酰氨基酚或布洛芬无助于缓解疼痛，请使用该药物。
- Tylenol 和处方止痛药同时服用可能不安全。请咨询您的医疗保健提供者或药房。
- 除了止痛药，您还可以通过音乐、游戏、书籍、电视或视频分散孩子的注意力，帮助孩子应对疼痛。
- 如需了解有关疼痛的更多信息，请查阅我们的传单“急性疼痛”。
seattlechildrens.org/pdf/PE503SC.pdf

我如何处理未服用的药？

为确保您的家人安全，请将药物存放在上锁的柜子内或其他人无法轻易拿到的地方。一旦您的孩子术后已恢复，请处理掉所有未服用的处方药。有意或无意服用剩余的止痛药或其他药物可能非常危险。有关安全处理未使用的阿片类药物的更多信息，请查阅我们的手册《阿片类药物的安全使用和处理》（seattlechildrens.org/pdf/PE3140.pdf），或访问网站 takebackyourmeds.org，查找您附近的回收点。

我何时应当打电话给医生？



如有下列任何问题或担忧，请于星期一至星期五打电话给泌尿诊所，电话号码 206-987-2509，或打电话给普通外科，电话号码 206-987-0237。如果是非紧急问题，请发短信至 MyChart。

夜间、周末和节假日，请拨打电话号码 206-987-2000；如果是紧急问题，请按照下表请医院接线员接通泌尿科或普通外科应召住院医师：

- 体温超过华氏 101.5°F（摄氏 38.6°C）
- 红肿向上扩散到胃部
- 在施压 5 分钟后无法止血
- 处方药无法控制疼痛
- 手术后 8 小时未小便
- 12 小时内呕吐 4 次或更多次

Circumcision

Care After Surgery

Instructions for caring for your child after their circumcision

What is a circumcision?

This surgery removes the foreskin and uncovers the head of the penis.

When will my child be able to go home?

Most children go home the day of surgery. If your child has another medical condition, they may need to stay overnight.

Where can I watch videos that explain how to care for my child after surgery?

We created videos to explain how to care for your child after surgery. You can search for these titles on YouTube. You may need to login due to age restrictions.

- “How to Care for Your Child After Urologic Surgery”
youtube.com/watch?v=epLQn5D62wk



- “How to Care for Your Child After Penile Surgery”
youtube.com/watch?v=ppZeEKY848M



When may my child eat?



- We will start with a light diet.
- When your child is fully awake, they may have clear liquids like 7UP, Jell-O, Popsicles and apple juice.
- Nausea and throwing up (vomiting) are common after surgery. If this happens, give your child a small amount of clear liquids at a time.
- If your child is not sick to their stomach (nauseous) or throwing up (vomiting) and is fully awake, start their regular diet.

How do I care for the surgery site?



- After surgery, your child may have a bandage (dressing) on their penis. There will be an opening in the top that will allow your child to pee (urinate).
- If your child does not have a dressing, we may have used a PlastiBell ring or surgery glue.
- Starting the day of surgery, put petroleum jelly over your child’s surgical site. This keeps the penis protected while it is healing.

To Learn More

- Urology
206-987-2509
- General Surgery
206-987-2794
- Ask your child’s healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

Can my child take a bath, shower, swim or get wet?



- Give your child only sponge baths for the first 2 days. After that, they can take showers and quick baths - no longer than 10 minutes of soaking.
- Avoid long baths or swimming in pools, lakes or the ocean for 2 weeks.

Tips for using petroleum jelly (Vaseline)

- Wash your hands first.
- Use a moderate to large amount each time.
- Do not use antibiotic ointment instead of the petroleum jelly.
- If your child is in diapers, apply it at every diaper change. If your child uses the toilet, apply it 3 to 4 times a day and as needed.
- Use the petroleum jelly for 2 weeks or until the area is completely healed.
- Put the petroleum jelly on with your clean finger or cotton swab.
- Apply the petroleum jelly around the PlastiBell ring if used or on the tip of the penis over the surgical dressing if used.
- Push back the area around the penis (suprapubic fat pad) if needed so that the petroleum jelly covers the entire surgical site.

How do I care for the dressing (if used)?

Your child has 1 of 2 types of bandage (dressing)

- Clear dressing:** this will fall off on its own some time from 2 to 10 days after surgery. You do not need to remove this.
- White dressing:** remove this 2 days after surgery at home. The dressing helps to reduce the risk of bleeding and swelling.
- If the dressing becomes very dirty with poop (stool) that cannot be wiped off, remove the dressing right away so you can clean the incision. It is ok to rinse off poop even if it is less than 48 hours after surgery.
- If you removed the dirty dressing or it falls off early, do not replace it.

To remove the white dressing:

1. Have your child sit in a warm bath for about 10 minutes. This helps loosen the dressing and makes it easier to remove.
2. If the bandage is not loosening, have your child sit in the bath for another 10 to 20 minutes.
3. If the dressing is still not coming off easily or seems to be stuck, apply 1 cup of oil (corn, vegetable, olive or baby oil) directly on the penis. Allow this to soak in for 20 minutes and then remove the dressing.
4. If the dressing is still not coming off, call the Urology clinic for more tips.

How do I care for the PlastiBell ring (if used)?

If we used a PlastiBell ring, it should fall off after 5 days. If the ring falls off before 5 days, call us to schedule an appointment. If the ring does not fall off after 10 days, call us to schedule an appointment. No other special care is needed aside from putting on the petroleum jelly (see above).

What can I expect during the healing process?

- The frenulum is a normal band at the bottom of the penis. It looks like a line running down the shaft of the penis.
- The area around the incision will be swollen and red. You may see a small amount of blood on the dressing or in the diaper the first day after surgery. You may also notice some bruising, yellow crusting or scabbing. This will get better but can take up to 2 months to heal.
- For more information and photos of what to expect after surgery, read our handout “Circumcision Photo Guide: What to Expect after Surgery.” seattlechildrens.org/pdf/PE2937.pdf
- Mild spotting of blood in the diaper or underwear the first days after surgery can be expected.
- If you notice that your child’s diaper or underwear is soaked with blood or you can see the surgery site actively dripping with blood, apply constant pressure to the area for 5 minutes to stop the bleeding. If the bleeding continues, call the Seattle Children’s Main Campus Emergency Room at 206.987.2222.

How much activity can my child do?

- Watch your child closely on the day of surgery.
- Follow the activity instructions below based on your child’s age.

If your child is younger than 2 years of age:



- Younger children will limit their own crawling, walking and activities.
- Car seats and stroller straps are safe. Use as instructed by the manufacturer.
- **Avoid any straddle activities with your child that would increase pressure between the legs for 2 weeks.**
- **Do not:**
 - Hold your child on your hip
 - Bounce your child on your knee
 - Use baby-wearing devices
 - Use bouncer toys that have a harness

If your child is 2 years of age or older:



Avoid strenuous activities, rough-housing or activities that involve straddle-activity. A good rule of thumb is to keep both of your child’s feet on the ground for 2 weeks.

- Do not let your child do the following for 2 weeks after surgery:
 - Jungle-gyms/climbing
 - Gym class
 - Bicycle/tricycles
 - After-school sports

When can my child return to school?

- Your child may return to school when they no longer need opioid pain medicine or frequent daytime over-the-counter pain medications. Keep in mind the school nurse will need to be comfortable with putting the petroleum jelly on your child’s penis or your child will need to do it.

Will my child have pain?

- After surgery, your child will likely feel pain on the penis. We partner with you and your child to relieve pain as completely as possible. No matter the level of your child's pain, believe they are hurting and respond right away.

How do I manage my child's pain?



- Effective pain control will help your child feel better and heal faster. Start by giving your child acetaminophen (Tylenol) alternating every 3 hours with ibuprofen (Advil or Motrin) for the first 2 days after surgery and then you will use it as needed. Check with the healthcare provider first before giving any type of medicine to your child.
- If your child's healthcare provider prescribed an opioid medicine for pain, use this if the acetaminophen or ibuprofen does not help relieve pain.
- Tylenol and prescription pain medicine may not be safe to use at the same time. Check with your healthcare provider or pharmacy.
- In addition to medicine for pain, you can also help your child cope by distracting them with music, games, books, TV or videos.
- For more information about pain, read our handout "Acute Pain". seattlechildrens.org/pdf/PE503.pdf

How do I dispose of unused medication?

To keep your family safe, store medicines inside a locked cabinet or location where others cannot easily get to them. Once your child has recovered from surgery, dispose of all unused prescription medicines. Taking leftover pain or other medicines on purpose or by accident, can be very dangerous. For more information about safe disposal of unused opioid medications, read our handout "Safe Use and Disposal of Opioid Medicines" seattlechildrens.org/pdf/PE3140.pdf or visit takebackyourmeds.org to find a take back place near you.

When should I call a doctor?



Monday to Friday, call the Urology Clinic at **206-987-2509** or General Surgery at **206-987-0237** for questions or any of the concerns listed below. Send MyChart messages for non-urgent questions.

Nights, weekends and holidays, call **206-987-2000** and ask the hospital operator for the urology or general surgery resident on call for urgent concerns from the following list:

- Fever higher than 101.5° F (38.6° C)
- Redness and swelling that spreads up into the stomach area
- Bleeding that cannot be stopped after you have applied pressure for 5 minutes
- Your child has pain that can't be controlled by the medicine prescribed
- Cannot pee for a span of 8 hours after surgery
- Vomiting 4 or more times in 12 hours