



Gentle  
Procedures  
Clinic

Exceptional Care. Delivered Gently.

# Boys' and Teens' Circumcision After-Care Guide



Thank you for choosing Gentle Procedures for your son's circumcision. Our doctors use the Pollock Technique with local anaesthetic and quick surgical methods to make the procedure as safe and comfortable as possible. This guide explains what to expect after the operation, how to care for your son as he heals, and when to contact us for extra help.

## What to expect in the first 24 hours after circumcision

- Your son may feel sleepy, light-headed or a bit sore once the anaesthetic wears off.
- There will be a bandage wrapped around the penis when you leave; do not remove or re-wrap it yourself on the first day.
- A small amount of spotting on the dressing or underwear is common; steady dripping blood is not.
- Keep activity very light, encourage rest at home, and use snug underwear to support the penis and reduce rubbing.
- Your doctor will tell you what pain medicine is safe; paracetamol or ibuprofen are usually fine unless you are told otherwise.

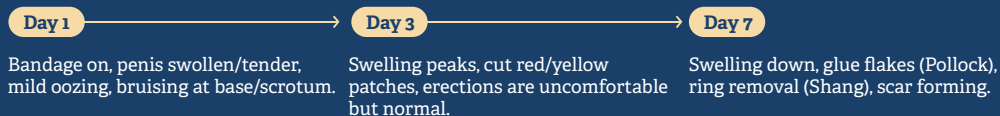
## What to expect over days 2-7 after circumcision

- The doctor will remove or change the first bandage at your early follow-up visit, usually within the first couple of days.
- After that, you (and your son) re-dress the penis as shown in the clinic, normally twice a day, using gauze and ointment or skin glue as advised.
- Swelling around the head and along the shaft is expected and can be more obvious when your son is standing or walking.
- The cut line can look red with yellow or green-yellow patches; this is healing tissue and not pus in most cases.
- Short showers are usually allowed after the first day, as long as the dressing is protected from direct water, but baths and swimming must wait until your doctor says it is safe.

## What to expect over weeks 2-6 after circumcision

- Dressings are usually stopped after about two weeks for the Pollock Technique, but your son should still keep the area clean and dry.
- Swelling and bruising slowly settle over several weeks; the final cosmetic result can take a month or more.
- Tight, supportive underwear helps reduce discomfort and protects the area from rubbing during school and light activities.
- No intense sport, heavy lifting, cycling or contact games until your doctor confirms the wound is strong enough.
- No sex or masturbation until full healing, which is usually around six weeks; your doctor will give specific advice based on age and method.

## What healing looks like for boys and teens



# How we support boys' and teens' recovery

Day 1

Home with bandage/instructions, 24/7 doctor access, rest plan.

Day 3

Clinic check bandage/swelling, teach dressing changes.

Day 7

Follow-up, Pollock wound review or Shang ring out, school advice.

## Normal bleeding and when to worry

- Small spots or streaks of blood on the dressing or underwear are common for several days.
- A brief ooze can happen when dressings are changed; firm pressure with clean gauze for 3-5 minutes usually stops it.
- Call the clinic or follow your emergency plan if blood is dripping, running down the shaft, or soaking dressings despite firm pressure.

## Signs that healing is on track

- The penis is swollen and bruised at first, then looks less puffy and more even over the next 2-3 weeks.
- The cut line changes from bright red to pink, then to a thin, pale scar over time.
- Yellow or green-yellow tissue along the cut is a normal healing layer if there is no spreading redness or foul smell.
- Passing urine stings a little at first but becomes more comfortable within a few days.
- Your son can walk, sleep and attend school, with only mild soreness that improves rather than worsens each day.

## Common questions from boys and teens

### Will circumcision be very painful afterwards?

You will have a local anaesthetic for the procedure, and pain usually improves over the first few days; simple pain tablets are often enough.

### How long before I can play sports again?

Gentle walking is fine early on, but running, gym, football, cycling and contact sports must wait until your doctor says the wound is strong, often 4-6 weeks.

### When can I go back to school?

Most boys and teens are ready to return after a few days, wearing supportive underwear and avoiding strenuous activity.

### What about erections - will they damage the stitches or glue?

Erections can feel uncomfortable at first but very rarely cause harm; keeping the bladder less full at night and using snug underwear can reduce them.

### When is sex or masturbation allowed again?

Sex or masturbation before the wound has healed can cause bleeding or tearing; we usually advise waiting about six weeks, but follow your doctor's specific guidance.

### What if I do not like how it looks at first?

Appearance changes as swelling settles and skin relaxes; it can take several months for the final look, and your doctor will review healing at follow-up visits.

## When to contact the clinic urgently

- Continuous bleeding that soaks dressings or underwear despite firm pressure.
- Fever, feeling very unwell, or pain that gets worse instead of better each day.
- Increasing redness or swelling spreading away from the cut, or foul-smelling discharge.
- Trouble passing urine, very painful urination, or no urine for a long time compared with normal.
- Dark blue, black or grey colour of the head of the penis, or any sudden worrying change in colour.
- For any other concerns about the wound or appearance, we would always rather you ring and check.



**Gentle  
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**Expert circumcision for teens - delivered with professionalism,  
discretion, and a focus on comfort and reassurance.**

For full after-care guides and updates, visit our website.

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