

Buenafe

Infant Circumcision

Surgical excellence

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



Infant Circumcision

Male Circumcision

New Information About Health Benefits

Male babies are born with skin covering the end of the penis, called the foreskin. Circumcision is a procedure in which the foreskin is removed, exposing the tip of the penis. Circumcision is often performed on healthy babies within the first few days after birth.

Circumcision has often been a controversial issue that places parents in the position of balancing personal, cultural, and health issues when deciding whether to circumcise a son. In the past, medical evidence was insufficient to fully support circumcision's health benefits. More research has provided increasing evidence for health benefits of circumcision. An article in this month's issue of the *Archives* reviews studies evaluating male circumcision and sexually transmitted diseases. These studies found the following with regard to circumcision:

- Human immunodeficiency virus (HIV) was reduced by 53% to 60%.
- Herpes simplex virus type 2 (HSV-2) was reduced by 28% to 34%.
- Human papillomavirus (HPV) was reduced by 32% to 35%.
- Among female partners of circumcised men, bacterial vaginosis was reduced by 40% and *Trichomonas vaginalis* infection was reduced by 48%.

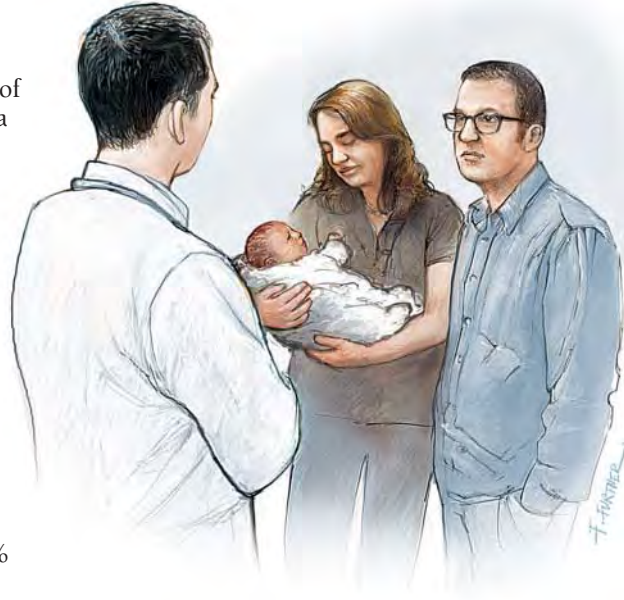
As many of these studies were done in developing countries, it is possible that the protective effects of circumcision may be lower in the United States. Additional health benefits of circumcision include the following:

- Lower risk of getting cancer of the penis, a rare type of cancer.
- Lower risk of urinary tract infections during the first year of life. Urinary tract infections during the first year of life can be serious and may lead to hospitalization. An uncircumcised baby boy has a 1 in 100 chance of getting a urinary tract infection during the first year of life, compared with a 1 in 1000 chance for a circumcised baby boy.
- Prevention of foreskin infections.
- Prevention of phimosis, a painful condition in which the foreskin retracts. Circumcised males do not get this condition.
- Easier genital hygiene.

Like any medical procedure, circumcision is not without risks, although complications are rare and usually minor. These complications may include bleeding, infection, improper healing, or cutting the foreskin too long or too short.

Some families decide not to circumcise their sons. Some families are concerned that the foreskin is needed for identity reasons, sexual pleasure reasons, or other reasons linked to family, culture, religion, or tradition. Circumcision is also an important part of some religions.

Parents can learn about potential risks and benefits of circumcision from their physician. Particularly because the topic of circumcision can be linked to strong opinions, parents should be cautious in interpreting stories or information from unvalidated Internet sources. The ultimate decision regarding circumcision of a baby boy is the parents'. Parents should feel both informed and supported in this decision.



FOR MORE INFORMATION

American Academy of Pediatrics
http://www.aap.org/publiced/BR_Circumcision.htm

INFORM YOURSELF

To find this and other Advice for Patients articles, go to the Advice for Patients link on the *Archives of Pediatrics & Adolescent Medicine* Web site at <http://archpedi.ama-assn.org/>.

Source: Centers for Disease Control and Prevention,
<http://www.cdc.gov/hiv/resources/factsheets/circumcision.htm>

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PARENT GUIDE TO CIRCUMCISION

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Our goal at Buenafe 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. You may also visit our website at www.circumcisionmanitoba.ca

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Introduction

Why do doctors recommend Buenafe Clinic for patients choosing circumcision?

We offer:

- **Expertise.** Our procedure takes only 30 - 60 seconds - it is 10 times quicker than in most hospitals.
- **4-step pain-control protocol.** Pain is minimized through Tylenol, a sugar pacifier (to reduce pain perception), topical freezing cream and local anesthetic injection. Many babies sleep through the procedure; most babies experience little or no pain at all.

ABOUT DR. BUENAFE

Dr. Jay Buenafe is a well known and respected physician in Manitoba. In 2012 he expanded his family practice to include infant circumcision. Dr. Buenafe has started the most innovative circumcision technique in Manitoba, offering his patients the safest, most advanced method of circumcision available today. He has studied and trained with Dr. Neil Pollock, a pioneer and foremost authority in North America on this procedure.

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

While the ideal age for a circumcision is between 5 and 12 days of age, Dr. Buenafe performs circumcisions on infants up to six months old.

Some parents choose not to circumcise their sons because they are concerned that it may cause pain or complications, or they wonder whether their child will wish that he hadn't been circumcised at a later time. However, research shows that there are considerable medical benefits to circumcision:

- It reduces the risk of urinary tract infection and penile infection (balanoposthitis).
- It eliminates the need to do one later in life (up to 6% of boys will require a circumcision, when it is a more difficult, riskier and painful procedure requiring a general anesthetic).
- It reduces the risk of acquiring sexually transmitted diseases including herpes, venereal warts (HPV), and AIDS.
- It reduces the risk of penile cancer (and cervical cancer in partners).
- Circumcised men have less risk of sexual dysfunction later in life.

Day of circumcision

BEFORE YOU ARRIVE:

- Plan to be at the clinic for up to 60 minutes.
- Feed your son just before you leave your home so he will be comfortable at the clinic.
- Arrive 15 minutes before your appointment time and bring two receiving blankets. Late arrivals will be scheduled for another day.
- Thirty minutes before the appointment, give your son 1 ml of Infant Tylenol or Tempra. **Do not** give him Infant Advil or Motrin, because it may affect bleeding.

AT THE CLINIC:

- We first apply a topical anesthetic ointment to your son's penis to numb the skin.
- Next, Dr. Buenafe will give a dorsal penile ring block – an injection through a tiny needle – into the area that has already been numbed by the topical cream.
- After 7-10 minutes, the penis will be frozen. Your son receives a sugar pacifier to suck, and Dr. Buenafe performs the circumcision.

Mogen Technique

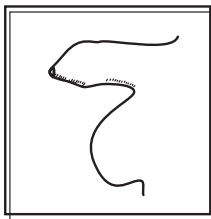


FIGURE 1.

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

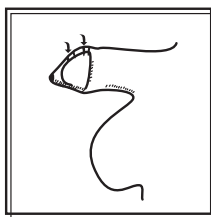


FIGURE 2.

Penis drawn as if 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 at birth in almost all babies and must be released before the actual circumcision.

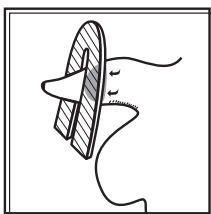


FIGURE 3.

The foreskin is stretched forward and through the central slit of a Mogen. The glans is safely behind the Mogen, with the cut made along the front surface of the Mogen.



FIGURE 4.

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.

How to care for your son post-circumcision

TO PROMOTE PROMPT HEALING:

- Keep the area clean and dry. Use disposable diapers for the first week; they tend to be less irritating and help keep the area drier and cleaner.
- Gently clean the area around the penis with warm water and a cotton ball or soft washcloth. Do NOT use moistened towelettes, alcohol, powders or lotion as these may cause irritation.
- Avoid unnecessary car travel; car seats can be irritating to a newly circumcised penis – although a folded diaper placed between your baby and the car-seat straps will help prevent pressure on the penis.

FIRST 24 HOURS:

- It is normal for your baby to be a little irritable for the first 24 hours; keep him snugly swaddled – the less he kicks his legs, the more comfortable he will be.
- The best sleeping position for your baby is on his side, supported by a blanket roll. Most babies sleep well following the circumcision.
- Nurse in a quiet environment. A baby who cries for more than a few minutes may be suffering from air swallowed during the procedure and will need to be burped. Try to do so without putting pressure on his penis.
- Give your baby sponge baths only . Dr. Buenafe will let you know at your follow-up when you can start immersing him in water.
- Check your baby’s diaper every hour for active bleeding. If he is sleeping, just look at the front of the diaper; if no blood has seeped through, his penis is likely not actively bleeding. It is normal to see bloodstains the size of a loonie with each diaper change, and normal for the gauze to be a little red from bleeding. It is NOT normal to see blood dripping from the penis. To stop active bleeding, see “What to watch for” (page 5).
- Remove the gauze after 24 hours. It is normal if it falls off earlier: just put a thin layer of Vaseline on one of the gauze pads given to you at the clinic and place it over the penis for the remainder of the 24 hours.
- When you remove the gauze, it is normal for the penis to be discoloured, with drops of blood and pieces of skin at its tip. If you see green- and yellow-coloured membrane on the head or around the penis, this is part of normal healing and not an infection.

AFTER 1 DAY:

- Gently rub a small amount of Vaseline over the incision site and place a thin layer of Vaseline over the entire penis head with each diaper change. Do this for 7 days.
- Give your baby sponge baths only. Dr. Buenafe will let you know at your follow up when you can start immersing him in water.

AFTER 2 DAYS:

- If the skin has moved up at all over the head of the penis, push it back just behind the head to ensure it heals properly (see Figure 4). **DO NOT** push on the skin for the first 48 hours because it will be swollen from the procedure.
- If you have any concerns regarding the appearance of your son's penis, book an appointment with the office for Dr. Buenafe to re-examine him at **204.697.9013**.
- Give your baby sponge baths only. Dr. Buenafe will let you know at your follow up when you can start immersing him in water.

AFTER TWO WEEKS:

- Stop applying Vaseline to the penis.

HEALING IS USUALLY RAPID AND OCCURS IN SEVERAL STAGES:

- **24 hours:** The cut edge seals and bleeding ceases over the course of a day.
- **1-2 days:** The glans may appear off-white, yellowish or patchy – these patches are a type of scab and associated with normal healing.
- **3-7 days:** Some parents notice swelling of the mucosal tissue behind or under the head of the penis and believe it looks like a blister. This type of swelling is normal and will gradually subside.
- **1-2 weeks:** The area just behind the glans (especially the underside) becomes swollen before subsiding.
- **Up to 2 weeks:** After a few days, the area where the skin was cut will look green and yellow. This is healing tissue, not pus and will fade within 14 days.
- **About 1 month:** The glans will also appear a glossy red and sometimes purple – this is because the skin covering the glans of an uncircumcised penis is mucous membrane. Once exposed, this membrane will toughen (keratinize). It takes about 30 days for the penis to take on a normal, healed appearance.
- **General appearance:** A common concern for parents after a circumcision is the appearance of their son's penis. Please remember that penises come in all shapes and sizes. While most penises look "normal" within days of the procedure, some do not take on a completely "normal" appearance until after the penis starts to grow. Further, although the penis may appear smaller after circumcision, it isn't – this is due to the relaxation of skin surrounding the penis, which prior to circumcision holds the penis more erect.

What to watch for

Active bleeding. To stop active bleeding:

Grasp the gauze-covered penis between your thumb and two fingers and apply pressure to the penis for no less than 2 - 3 minutes. Use the same pressure you would use to stop a cut on a finger from bleeding.

Without removing the gauze, inspect the area for continued bleeding. Repeat the pressure if necessary.

Leave the gauze in place, as removing it may lead to renewed bleeding.

If you have applied pressure twice, and the penis is still bleeding, call Dr. Buenafe on his cell phone at 204-997.9782.

Sticking bandage. Your son's penis is wrapped in a gauze bandage after circumcision. This bandage may fall off on its own within the first 24 hours; if it doesn't, you will need to remove it. **However, it is common for the bandage to get stuck on the penis - no need to panic:**

Apply Vaseline liberally over the bandage.

Close the diaper and allow the bandage to soften for 10-15 minutes.

Firmly peel away the bandage.

If the bandage won't come off, you will just need to pull harder and be prepared for the penis to bleed a few drops. This is normal. You may need to put pressure on the oozing area for a few minutes. (See above: "To stop active bleeding").

If the bandage still won't come off or if you're uncomfortable pulling harder, call our office to book an appointment for one of our staff to remove the bandage, at 204.697.9013.

Concealed penis. When the length of the penile shaft is no greater than its diameter, or when there is a good amount of pubic fat, the penis may tend to 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 a glans that has retracted inward, place gentle downward pressure on either side of the base of the penis. Consult with Dr. Buenafe if the head of the penis cannot be fully exposed, or if any connecting skin bridges form between the shaft skin and the head of the penis.

Infection. Although rare, infection can occur. Common signs of infection include:

Pus-like discharge

Local warmth

Foul smell

Fever

Excessive swelling or redness

Rash in the vicinity of the penis

If your son exhibits any of these signs, or if he has not urinated in over 12 hours, call Dr. Buenafe on his cell phone immediately, at 204-997.9782.

Frequently asked questions

How will my baby behave after the circumcision?

It is not unusual for a baby to sleep 6-8 hours after the procedure and to miss a feeding. While some babies are irritable after the procedure, most are back to their normal selves within 48 hours.

Will it hurt my baby when he urinates?

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

How do I clean the gauze and penis if there's stool on them?

Try to clean the area the best you can with a wet, soapy cotton ball or soft washcloth followed by a gentle rinse.

When can I start bathing my baby normally?

Dr. Buenafe will let you know at your follow-up when you can start immersing your baby in water.

How long do I apply Vaseline to the penis?

Gently rub a small amount of Vaseline over the incision site and place a thin layer of Vaseline over the entire penis head with each diaper change. Do this for 14 days.

What happens if the gauze falls off early, before 24 hours?

This is normal. Just put a thin layer of Vaseline on one of the gauze pads given to you at the clinic and place it over the penis for the remainder of the 24 hours.

How do I remove the gauze if it's sticking?

- Apply Vaseline liberally over the bandage.
- Close the diaper and allow the bandage to soften for 10-15 minutes.
- Firmly peel away the bandage.
- If the bandage won't come off, pull harder and be prepared for the penis to bleed a few drops. You may need to hold pressure on the area for a few minutes to stop the bleeding (see above: "To stop active bleeding").
- If you find it too difficult or if you're uncomfortable pulling harder, call our office to book an appointment for our staff to remove the bandage at **204.697.9013**.

What do I do if I remove the gauze and there's bleeding?

- To stop, grasp the penis between your thumb and two fingers and apply pressure to the penis for no less than 2-3 minutes. Use the same pressure you would use to stop a cut on a finger from bleeding.
- Inspect the area for continued bleeding. Repeat the pressure if necessary.
- If you have applied pressure twice, and the penis is still bleeding, call Dr. Buenafe on his cell number at 204-997.9782.

What do I do if after the gauze falls off or is removed, there is still a bridge of skin attached to the head of the penis?

Please call our office to book an appointment with Dr. Buenafe to examine your baby at 204.697.9013.

What do I do if after the gauze falls off or is removed I can't see the head of the penis?

Please call our office to book an appointment with Dr. Buenafe to examine your baby at 204.697.9013.

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. Buenafe's practice. Complications include:

- Significant post-op bleeding (1 in 400)
- 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 result (1 in 500)
- Trauma to head of the penis (never occurred in this practice)
- More serious complications including death (never occurred in this practice).



To Book an Infant Circumcision

Please call our office at 204.697.9013

For a video demonstration
of Infant Circumcision
please visit

www.circumcisionmanitoba.ca

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www.circumcisionmanitoba.ca

*Thank you for placing your trust
in Dr. Buenafe and staff.*

