

POST-CIRCUMCISION CARE INSTRUCTIONS

1. BLEEDING

- Small spots of blood are normal.
- If there is more bleeding (fresh blood in the nappy), please:
 - Press clean gauze on the area for 3–5 minutes.
 - Contact us if bleeding continues.

2. PAIN

- Some discomfort is normal.
- Under 3 months: comfort and feed baby.
- If unsettled, use 1 drop of InstiGel on the tip of the penis (we will show you how).
- Over 3 months: you can give Paracetamol or Ibuprofen if needed.

3. CLEANING & NAPPY CARE

- No bath for 24 hours.
- After 24h: bathe baby daily below belly button in lukewarm water for at least 10 minutes until ring falls off.
- Clean with cotton and water only. No wipes on penis.
- Change nappies frequently to keep the area clean and dry.

4. WHAT TO EXPECT

- The plastic ring and thread should fall off in 5–7 days. If not off by day 6, contact us.

5. WHEN TO CONTACT US

- Bleeding that doesn't stop
- Increased swelling, redness, discharge or bad smell
- Fever or baby is very irritable
- Ring hasn't come off by day 6
- You're unsure or concerned

Emergency/WhatsApp: 07784 924 470

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