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Information on Newborn Circumcisions

Dear Parent,

Thank you for your interest in circumcising your newborn baby boy. This letter serves as some information and on how to proceed.

The new-born circumcision needs to happen **before 14 days of life** so that it can be done as safely as possible.

There are two scenarios that can take place:

- a) **Still admitted:** The circumcision can either be done while you and your baby boy are still admitted. This is usually done on day 2 or 3 of life.
- b) **After discharge:** The circumcision can be done in my rooms (Room C28b) at **Life Fourways Hospital**. This needs to happen **before 14 days of life** of your baby boy.

1) For the circumcision to happen in the maternity ward **(Life Fourways Hospital or Netcare Parklane Hospital)**:

- a) A folder needs to be opened for your baby boy at the reception/admissions of the hospital. The hospital currently charges around **R.....** for this. This is because the hospital's equipment, staff and medical supplies are used.
- b) The surgeon's fee is **R.....**. Please note that we are not contracted with medical aids and all accounts are to be settled on the day of the appointment. I will not have access to a credit card machine in the ward so please also note that this payment must be made in **cash**.
- c) I might not always be able to come to the hospital due to other work commitments. As such the maternity ward staff will always confirm with me on whether I am able to come to the hospital **before** you open the folder.
- d) If I am not able to come and you have been discharged, then an appointment can be made with my secretary at (011) 875 1740 or 068 162 6154 for the circumcision to happen in my rooms at **Life Fourways Hospital**



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2) For the circumcision to happen in the rooms (*Only at Life Fourways Hospital – Room C28b*):

- a) Please phone (011) 875 1740 or 068 162 6154 to make an appointment. Most of the times the appointment will be made for a Wednesday afternoon.
- b) **No** hospital folder needs to be opened.
- c) The surgeon's fee is **R.....**. Please note that we are not contracted with medical aids for in rooms procedures and all accounts need to be settled on the day of the appointment.

At the time of seeing you, I will discuss with you the way the procedure is done and answer any questions that you may have. Please be aware that **both the mom and the dad need to give consent** for the procedure.

If able to, **please bring a bottle** with either breast milk or formula milk. It will be given during the procedure to help settle your baby while doing the circumcision.

As most medical aids regard circumcision in the neonatal period as a cosmetic procedure, they do not always reimburse for the procedure. For this reason, **payment must be made on the day** of the procedure and an invoice will be provided for you to submit to the medical aid to claim back.

Circumcision: What You Need to Know

About Circumcision

Circumcision is a surgical procedure that involves the removal of the foreskin, which covers the end of the penis. It can be performed at any stage in a man's life, and deciding whether to have your child circumcised as an infant is a significant decision. Dr. Theron offers consultations and conducts circumcisions in a safe, sterile, and baby-friendly manner.

Newborn Circumcision

Newborn circumcisions can be performed in a doctor's office, clinic, or at the hospital bedside. However, certain conditions must be met to ensure a safe procedure:

Generally, office circumcisions are recommended for babies less than 2 weeks old or weighing less than 4kg.



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Premature babies may have circumcision deferred until they are ready to leave the hospital, with decisions made case by case.

Circumcision should only be considered for babies with a completely normal penis and foreskin. Variations like penoscrotal webbing, a buried penis, or a variant of hypospadias may require alternative options discussed with the surgeon.

Babies should not have conditions predisposing them to bleeding. They must have received their neonatal Vitamin K injection and should not be jaundiced at the time of the procedure. Inform the surgeon of any family history of bleeding abnormalities.

Complications

While circumcision is generally low-risk, potential complications may include:

Bleeding: Usually addressed before discharge, but re-bleeding may occur, especially in older babies or those with undiagnosed bleeding disorders.

Infection: Rare; treated with antibiotics.

Preputial Adhesions: Scar tissue formation may require correction

Meatal Stenosis: A rare issue with the urinary stream, managed with post-circumcision care.

Glans Injury: A very rare complication.

Urethral Fistula: Extremely rare, requiring specialist attention.

Newborn Circumcision: Post-Procedure Care

Caring for Your Baby After Circumcision

Newborn circumcisions are performed under local anesthesia. While most babies tolerate the procedure well, some may occasionally find it uncomfortable. The local anesthesia provides relief during which the procedure.

Post-Procedure Pain Relief

Pain relief after the procedure is best achieved by ensuring your baby is comfortable. Make sure



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there are no factors bothering your baby, such as a dirty diaper, and ensure they are not hungry. Feeding your baby is often sufficient to soothe them. However, if they remain uncomfortable, a dose of Calpol or Panado (usually 1ml orally) may be administered.

Post-Procedure Care Instructions

Here are some essential care instructions for the first few days after circumcision:

Avoid Bathing: Do not bathe your child for the first 3 days after the procedure. You can use wet wipes to clean any mishaps during this time.

Antibiotic Ointment: Apply antibiotic ointment to the wound at each diaper change.

Vaseline/Bum Cream: Apply Vaseline or bum cream to the front of the diaper to prevent sticking.

Yellow Crust: You may notice a yellow crusty covering over the tip of the penis due to the accumulation of ointment. This will come off when you re-initiate bathing.

Healing Process: The penis will remain red and swollen for approximately 4 days after the procedure. This will gradually improve over the following days and is typically fully healed by 14 days after the operation.

Proper post-procedure care ensures a smooth recovery for your baby. If you have any concerns or questions during this period, please don't hesitate to reach out.

Please feel free to contact my rooms on (011) 875 1740 or 068 162 6154 or email me at dr.theron.practice@gmail.com should you have any further questions

Kind regards

Dr Andre Theron

