



Bayside Medical Group, Inc.

www.baysidemed.com

CIRCUMCISIONS AT BP

Circumcisions at Bayside Pediatrics

So, you have decided to have your newborn baby boy circumcised! Here is how we approach this procedure at Bayside.

Where is the circumcision done?

Most times we do the circumcision in our office, where we have all the equipment ready, all our routines down pat, and where we don't have to fit into the schedules of other patients or nurses, as at the hospital. In special circumstances we can schedule one in the hospital before the baby goes home. It may be, however, that the combined cost of physician and hospital bill will be higher when the procedure is done at the hospital.

When should you schedule the procedure?

The procedure should be scheduled by calling our office soon after your baby's birth. Most of our clinicians will do the procedure up to one month of age, although some require it to be during the first two weeks. Most of us prefer babies weighing less than 10 pounds. Premature babies will sometimes have to be over a month of age; individual cases require individual decisions.

Who does the procedure?

We have designated circumcisers at Bayside—clinicians who have mastered the art of circumcision and have been approved by us as circumcisers. Everyone who does it is well trained, and each clinician does it frequently enough to keep in practice.

Can you be present during the procedure?

This is at the discretion of the clinician doing the procedure. Many of us feel that we do a better job if the parents are out of the room, but some of us are not so particular. If you want to be present, please ask when you are making this appointment if it will be possible for you to be there.

Can you feed the baby before the procedure?

We ask that you not feed him within one

hour of the procedure. We want to minimize regurgitation during the procedure, and this helps. He might be irritable when he is hungry, but this can't be helped.

What should you bring with you?

Please bring a pacifier; a receiving blanket that is not your favorite, because it can get soiled; an undershirt; and several diapers. Also, please read the permit for us to do the procedure, ask any further questions you might have, and then sign the sheet so we can proceed.

Should you give Tylenol before the procedure?

This is an option on your part. If you choose to do it, give 0.4 ml of the infant drops an hour before the procedure.

How long does the procedure take?

This depends on the individual case, but 20-30 minutes would be an average time.

What do we do for pain control?

We use anesthesia to minimize the pain of the procedure. The type of anesthesia we use is called dorsal penile nerve block. This means that at the beginning of the procedure, we inject a very small amount of lidocaine (a local anesthetic) just under the skin of the penis on each side, very near its base. This injection hurts very little, works very well in less than 3 minutes, and about half the time, the babies are comfortable enough to fall asleep during the procedure. (Most times, the baby objects to the restraints we put on him to keep him still more than the injections.) We have used this type of anesthesia for decades at Bayside. It really works.

In addition, during the procedure we give the baby sips of sugar water. Research has shown that doing this helps the baby to feel less pain, so it is a kind of oral anesthesia.

What methods of circumcision do we use?

We use two different methods of circumci-

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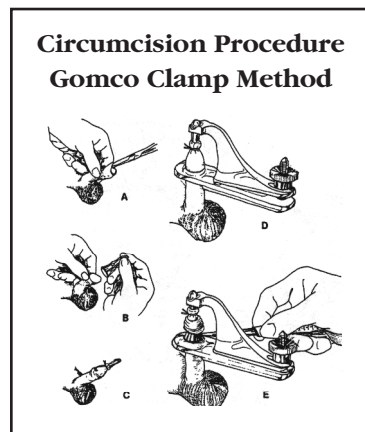


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sion at Bayside, depending on which one the operating clinician prefers. Some of us use the Gomco method, which involves a complicated but quite safe metal device that puts a bell over the head, or glans, of the penis to protect it, while it pinches off the foreskin surrounding the glans. The doctor then uses a sharp scalpel to cut off the foreskin at that point, takes off the



it off after a day or so, and if it looks like it needs it, put some more Vaseline on for a few days, just so it won't get irritated or stick to the diaper.

The other method we use is called the Plastibell. With this method, a plastic ring is placed under the foreskin just below the level of the glans, and a string tied over the plastic ring, catching the foreskin in between the ring and the string. The foreskin is then trimmed off and the plastic ring stays there for a week or so until it all falls off. What is left is a circumcised penis, hopefully quite beautiful—the same as the result with the Gomco method.

How safe is circumcision?

Nothing is foolproof, and it does take skill and experience to do a circumcision. Published complication rates are at about 1%. Occasionally a circumcised penis will bleed afterwards, and that may need to be fixed with bleeding retardant gauze, or we may even have to put in a stitch or two. Even if it bleeds, however, the end result should still be a well-circumcised penis. Very rarely an incision can be made either in the glans itself or on other skin nearby if the scalpel slips;

Gomco, wraps the end of the penis with Vaseline gauze, and gives the baby back to you. (See drawing).

Then, when you go home, all you have to do is to drip some water on the gauze and take

this is rectified by a stitch or a steri-strip. The penis can also become infected, red, raw, and hot; this needs to be treated with antibiotics. If the Plastibell ring slips down the shaft of the penis, it can restrict blood supply to the penis; we need to see the baby immediately to relieve the pressure. Occasionally too little of the foreskin will be taken off, so that the glans seems to play peek-a-boo, with the remaining foreskin still covering up more of the glans than you might like. Most times parents elect to simply let it be in this case, and sometimes our consulting urologist or surgeon will “revise” the circumcision by taking off a little more later on. If too much foreskin is taken off, the shaft looks a little bald. In this case we wrap the penis in gauze for a few days, and the foreskin “granulates in,” with a resulting normal appearing penis.

We don't want to emphasize the negative, and with the literally thousands of circumcisions done by Bayside physicians over the years, the number of complications have been quite minimal. But we list them here just so that you know that it is not impossible to experience one of these complications, but that they are generally not permanent.

What kind of care is needed after the circumcision?

We have special instruction sheets written for you to help you care for your circumcised baby at home. See the separate handout:

Circumcision Aftercare for the Gomco Method
or

Circumcision Aftercare for the Plastibell Method

How long will the baby feel pain after the circumcision?

It's hard to tell. The anesthetic effect of the lidocaine usually last a few hours. After that, many babies don't show any signs of discomfort at all, but others seem to feel it up to 24 hours afterwards. Tylenol (0.4 cc of infant drops every four hours) may help if the baby seems to be experiencing discomfort.