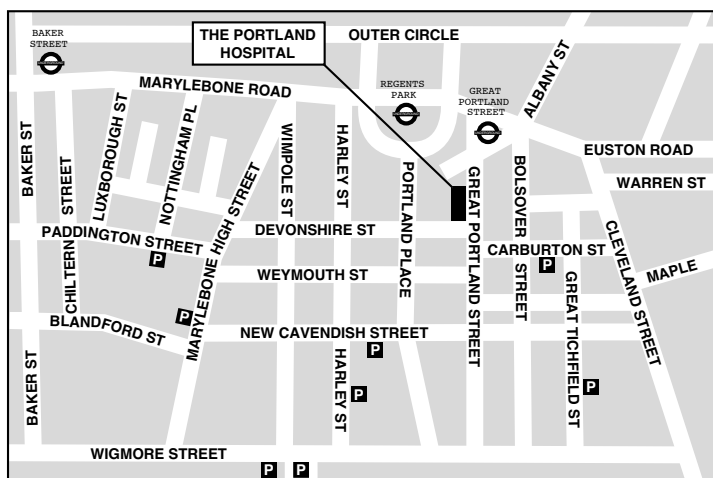


## HOW TO FIND US

### Car Parking

The nearest NCP is in Carburton Street. There is also meter parking in the surrounding streets. The forecourt of the hospital is available for arrival and collection of patients only. Please note that The Portland Hospital is inside the congestion charging zone.

**The Portland Hospital for Women and Children**  
 205-209 Great Portland Street  
 London W1W 5AH  
**T:** 0207 580 4400 **F:** 020 7390 8012  
**E:** info@portland.hcahealthcare.co.uk  
[www.theportlandhospital.co.uk](http://www.theportlandhospital.co.uk)



## Circumcision for Newborn Infants



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## ABOUT THE OPERATION

Your baby boy is going to have a circumcision. This operation involves removing the foreskin (prepuce) of the penis.

Worldwide, circumcisions are most commonly performed for religious or cultural reasons and are performed in the neonatal period (within the first 8 weeks after birth).

The Portland Hospital offers an outpatient and inpatient service for newborn circumcision (babies up to the age of 8 weeks) performed by Paediatric Consultant Urologists and Obstetricians. There are varied approaches to performing the circumcisions, our aim is to ensure that your baby is as comfortable as possible and to reduce and minimise the pain experienced.

## PAIN RELIEF

This is a very important aspect of your baby's circumcision.

There are two distinct methods of controlling pain for newborn babies:

### 1. Topical and Injection

This is where a local anaesthetic cream is initially applied to the tip of the penis to numb the skin. It takes between 20 to 40 minutes for the cream to start working. This may be applied on your arrival or during the consultation. Then through the numbed skin, the injection of a local anaesthetic prior to the circumcision.

In our experience this offers a very satisfactory level of pain relief allowing the surgeon to perform the circumcision without causing any discomfort to your baby.

### 2. Topical Only

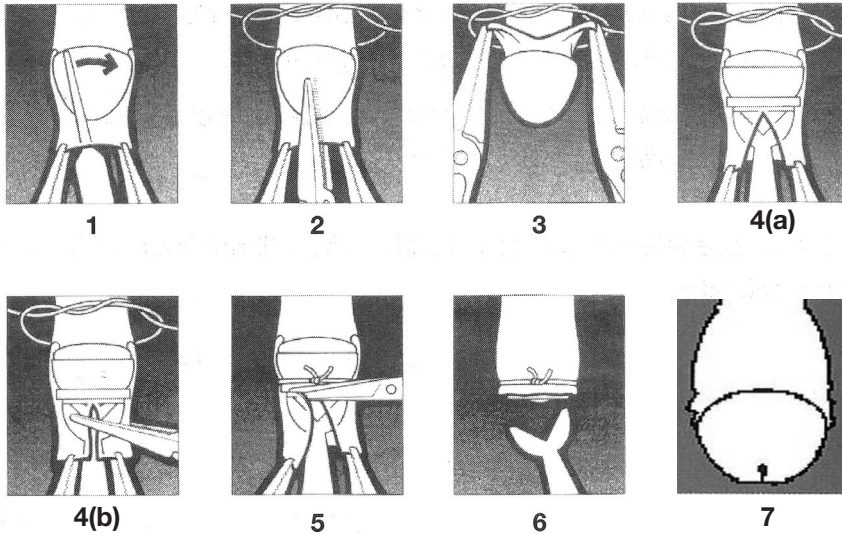
This is where a local anaesthetic cream is initially applied to the base of the penis to numb the skin. It takes between 20 to 40 minutes for the cream to start working. This may be applied on your arrival or during the consultation.

Babies are cuddled and held by experienced and skilled nurses from the Operating theatre.

Guidelines from appropriate professional bodies, such as Royal Colleges or the British Association of Paediatric Urologists, are often updated with new evidence on good practice. Please check with your Consultant as to the method of pain relief they will be using for your son's procedure.

## THE CIRCUMCISION PROCEDURE

The plastibell (a bell shaped plastic device) will be used for your baby's circumcision.



The following narrative refers to the diagrams above:

1. Separation of inner foreskin from the glans (head of penis) all around.
2. Making a cut in the foreskin.
3. Pulling back the foreskin to expose the glans.
- 4(a) Placing an appropriate size of plastibell and drawing the foreskin over it.
- 4(b) Placing a ligature (thread) in the groove on the plastibell.
5. Removing the skin beyond the tied thread.

6. Breaking the handle of the plastibell leaving the Plastibell device and a ligature on.
  - 7.
    - A rim of skin is left to avoid the ring falling off now.
    - This will gradually turn black and shrivel like the umbilical cord.
    - The penis above the circumcision site, in the diagram, will look slightly swollen and red until the ring falls off.
    - The plastibell device usually falls off after 2 to 8 days and it starts by splitting at the ligature level.
7. Appearance of penis after the ring has fallen off.

When the device falls off, the circumcision site will not look healed until 1 to 2 weeks later.

## COMPLICATIONS

The plastibell circumcision is a relatively safe procedure but there are potential complications such as:

### **1. Bleeding from the surface of the tip (glans) of the penis or the ligature site. (Probability: 1-2%)**

This is seen as spotting on the nappy. This spotting is entirely normal and happens as the circumcision involves separating the inner layer of the penile skin from the tip (head/glans) of the penis, leaving the glans exposed.

*If you see continuous drops of blood contact us.*

### **2. Ring displacement due to plastibell. (Probability: 1-2%) Plastibell is too small or too large. (Probability: 1%)**

### **3. Swelling of the tip of the penis and your baby is uncomfortable. (Probability: 1-2%)**

### **4. Adhesions between the skin of the penis and glans. (Probability: 1-2%)**

### **5. Residual excess skin following circumcision. (Probability: 1-2%)**

***Please discuss the likelihood of these complications with your Consultant.***

In case any of these complications occur, Mrs Patil's patients please contact the hospital and a member of the Paediatric Urology team will arrange an appointment for your baby.

## WHAT TO EXPECT POST-CIRCUMCISION

The Circumcision site will heal naturally and should be treated as normal.

- Blood spots in the nappy or yellowish coating around the head of the penis.
- If the penis becomes soiled, the area should be cleaned with gauze dipped in warm water (**do not** use cotton wool).
- When changing the nappy, remove the old nappy carefully until the plastic white ring has dropped off the penis.
- You will notice that the head of the penis is red or bluish in colour and be swollen.
- Do not use creams or powders on the circumcision wound until the ring has dropped off.
- The first time your baby passes urine, he will cry or be slightly irritated - comfort baby and settle him.
- Do not worry about the passing of urine, this will not affect the healing process.
- You may bath the baby the following day.

## **Pain Relief - For Babies up to 8 weeks of age**

A prescription must be obtained for the child from your Consultant prior to leaving the hospital following the circumcision.

### Instructions:

- Weight of the child will be taken when you attend clinic.
- Paracetamol (Calpol) can be obtained at the Portland Hospital Pharmacy or any other retail pharmacy **with this prescription**.

The appropriate dose for your baby will be calculated and prescribed by your doctor. If your baby is unsettled on the night of the circumcision you can give him a dose of the paracetamol (Calpol).

For your information:

For every kilogram your baby weighs, 10mgs of Calpol up to a maximum of 60mg is usually given. (For babies over 6kg, a maximum of 60mg of Calpol is recommended). This dose can be repeated every 4-6 hours if necessary. A maximum of 4 doses in a 24 hour period can be given.

For babies over 8 weeks of age:

Paracetamol suspension (Calpol 2+ months) should be purchased and the instructions on the bottle/packaging followed.

If in any doubt - please do not hesitate to call the Portland Hospital Pharmacy on 0207 390 6121/6122/6123. Out of hours, please call the main hospital switchboard on 0207 580 4400 and ask for the Paediatric Bleep Holder who will be able to assist you.

## **The process of plastibell ring separation:**

The ring usually drops off in a week (2-10 days).

- Please remember that the plastibell ring does not fall off all at once.  
There is a thread holding the ring in place on the penis. The skin separates from the ring along the thread, often leaving a small area of skin still attached. This will separate within a couple of days.
- Sometimes the ring has completely separated but will not fall off as the head of the penis is slightly swollen. As long as the ring moves easily around in a circle (like a ring on 'our' finger), it will eventually come off the head of the penis.
- If in any doubt please contact us, telephone numbers are in section 8 on pages 11 and 12.

### **After the plastibell ring has fallen off:**

- Allow a couple of days for the swelling around the circumcision site to settle. Clean the area with whatever you use to bath your baby.
- You may need to pull back on the penile skin till you can see the junction of the head of the penis and the body (the groove between the head and the body). This prevents the penile skin from sticking to the head (glans) which is still healing.
- You may see staining of the baby's nappy with spots of blood for some time after the ring has fallen off. This occurs because the head of the penis (glans) is still healing and contact with the nappy can slow down the healing process. In this situation you may apply Vaseline or baby oil to the head of the penis to help the glans heal.

**Please note that if your baby requires a repeat circumcision at a later date, this is a separate operation which will require your baby to have a general anaesthetic, hospital stay for a day and separate billing inclusive of surgeon's fees.**

## **FOLLOW UP**

A routine follow-up appointment is possible and you may discuss these arrangements at the time of consultation. At any other time please contact the circumcision coordinator to arrange an appointment.

## **HOW TO CONTACT US**

### **OUTPATIENTS**

#### **For Emergencies**

Please contact the surgeon who performed the procedure in the first instance.

However if they are not available, please contact:

- **The Portland Hospital Residential Medical Officer (RMO)**  
Telephone: **020 7580 4400** and ask for **bleep 5**

#### **For General and Clinical Enquiries**

(Between 8am - 8pm)

- Outpatient Paediatric Nurses  
Telephone: **020 7390 6504/6509**

(Out of hours)

- Paediatric Nurse on call  
Via hospital switchboard Telephone: **020 7390 4400**

#### **For Bookings and Enquiries**

(Between 8am - 4pm)

- **Mrs K Patil**  
Services Coordinator - Mr Hitesh Madlani  
Telephone: 020 7390 6170  
Internal extension: 16170
- **Mr D. Cowan**  
Mr Cowan's Secretary  
Telephone: 020 7390 8433

(Out of hours)

Please leave a message on the voicemail, we will contact you as soon as possible.

## INPATIENTS

(Between 8am - 4pm)

- Your Midwife/Nursery Nurse will contact the Circumcision Service Coordinator to arrange your booking or call.

(Outside office hours)

- Theatre Coordinator  
Telephone extension: 16163/16164

## ABOUT THE SERVICE

This is a service dedicated to newborn babies (up to the age of 8 weeks) and carried out by a specialist team of Paediatric Urology Consultants here at The Portland Hospital. A small number of Obstetricians are also qualified and elect to perform (when requested) circumcisions on the babies they have helped deliver.

Mrs. K Patil (FRCS Paed)  
Consultant Paediatric Urologist

Mr. D. Cowan (FRCS, FRCOG)  
Consultant Obstetric and Gynaecological Surgeon

They are supported by a team of dedicated and experienced theatre staff, The Patient Services Coordinator, (who will liaise with you for the circumcision service) Registered Sick Children's Nurses, (RSCNs) Nursery Nurses, Midwives and Paediatric Resident Medical Officers (RMO).

## FEES

Please note that Consultant Obstetrician fees are charged in addition to the hospital fees and will vary between practitioners.

Mrs. Patil works under the fixed price policy of The Portland Hospital where the package encompasses the consultation and circumcision inclusive of hospital fees. This package is £600.

**Other Consultants who perform this service charge independently so please check with them as to what their current fee rates are.** The hospital fees are fixed at £250 to which you will need to add your Consultant's fees.

These fees are for routine newborn/infant circumcision only. They do not cover the costs if your son requires in-patient care. This also does not cover the hospital cost of corrective surgery on the rare occasion this is necessary. Please check with your Consultant if you are unclear about any of the information contained in this leaflet.

### **Please Note**

**The Consultation and Circumcision fees are to be paid by cash or cheque on the day of the procedure. The remaining hospital fees can be paid by cash, cheque or credit card to the hospital cashiers department.**

## AVERAGE DURATION

**Please allow yourself sufficient parking time for your appointment and 2-3 hours for the whole procedure time.**

### **Registration and Consultation**

Takes on average of 20-30 min (approximately).

Registration:	10 min.
Reception:	10 min.
Consultation:	10-15 min.

### **Post-Consultation**

Circumcision:	10-15 min.
Post Circumcision	10 min.

Please note that timings may vary and will depend on the number of patients requiring circumcisions on that particular day. These figures are to give you an idea of the average duration for procedures and consultation.

## USEFUL TIPS

### **Out-Patient Circumcision Appointments**

We only allow 2 adults (parents OR grandparents) to accompany your baby during the out-patient circumcision appointment. Please note that it may be difficult to manage toddlers and other young children at the clinic so we advise that you make alternative childcare arrangements for the day.

## FEEDBACK

We value all patient feedback as this helps us to improve our services. We have a Patient Feedback form available. All patient feedback is analysed and any issues addressed. Please do not hesitate to ask for our questionnaire at the time of procedure.

**Thank you for allowing us to look after your baby!**