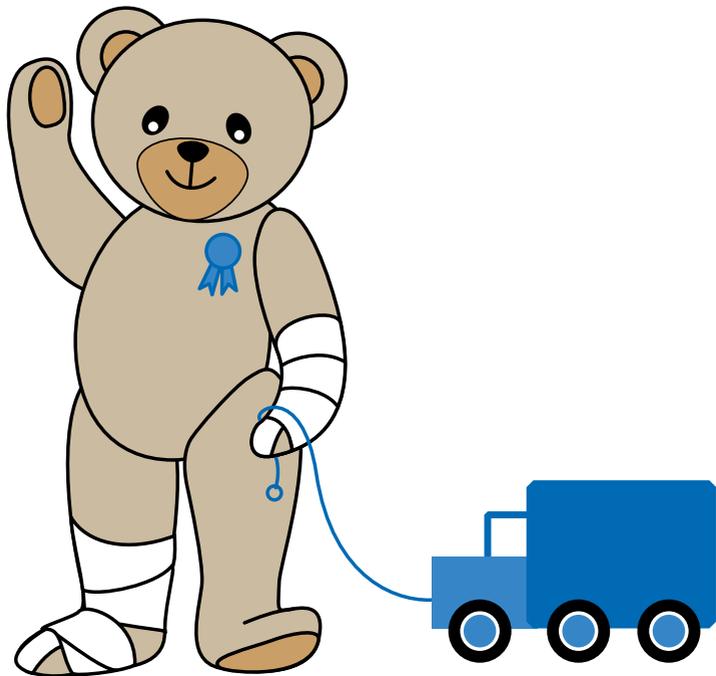


# Freeing of adhesions

Paediatric Day Surgery Unit



Patient information leaflet



## What are Adhesions?

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Adhesions mean that the foreskin “sticks” to the head of the penis and cannot be pulled back. These adhesions are often present at birth but can also result from trauma if the foreskin has been forced back.

## What does the procedure involve?

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It involves retraction of the foreskin by gently releasing the scar tissue which sticks the foreskin to the penis.

## Is there any alternative treatment?

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- Medication to relieve the inflammation
- Observation
- Self-retraction
- Circumcision

## The wound

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You may see a slight oozing from under the foreskin, although this should subside in 1-2 days following surgery. Scarring from the operation can be minimised by encouraging your child to gently move the foreskin up and down the penis whilst he is in the bath. This should begin on the first day following the operation. A little Vaseline will help to prevent the foreskin from sticking and ensure that it can be gently pulled back.

## **Will it be painful?**

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Some pain/discomfort may be felt initially so give your child regular Paracetamol and Ibuprofen for pain relief according to their age. If your child needs anything stronger, this will be provided by the ward. Give regularly for the first 48hrs and then as necessary.

Next dose of Paracetamol

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Next dose of Ibuprofen

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## **Will there be any swelling?**

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The penis may look bruised and swollen for the first few days. This is normal and should begin to subside 3-4 days after the operation.

## **What clothing can be worn?**

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It is advisable to dress your child in loose clothing, such as jogging bottoms or loose shorts, for the first couple of days. Some children prefer to just wear a large T-shirt.

## **What is the best way to bathe?**

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You are advised not to get the area wet for the first 2-3 days after which you can shower.

## **When can my child go back to school/activity?**

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Your child will be able to go back to school/nursery within 48 hours. Avoid boisterous games and activities such as riding a bike or contact sports for the first few days. Swimming should be avoided until the area is significantly healed.

## What should we do if we experience any complications?

Please contact your GP if any of the following occur

- The penis becomes very swollen
- You suspect infection –
  - High/low temperature
  - Area becomes red and inflamed
  - Lethargy

If your child has any difficulty in passing urine contact Hascombe children's ward on **01483 464071**.

## Will my child need a follow up appointment?

If your child requires a follow up, this will be sent to you through the post.

## Reference source

- The British Association of Urological Surgeons 2016
- [www.camurology.org.uk](http://www.camurology.org.uk)





## Contact details

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If you have any worries that are not covered by this information leaflet, please do not hesitate to contact us.

### Day Surgery Unit

**Telephone:** 01483 406783 (Monday–Friday, 8am–8pm)

### Hascombe Children’s Ward

**Telephone:** 01483 464701 (24 hours)

### Accident and Emergency

**Telephone:** 01483 464156 (24 hours)

If you are seriously concerned about your child, please take them to Accident and Emergency.

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## PALS and Advocacy contact details

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Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** rsc-tr.pals@nhs.net

**Opening hours:** 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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