



Post operation information

After the procedure (plastibel/ circumplast): less than 2 years old

1. If you notice bleeding which soaks the dressing or that is persistent, persistent foul smelling discharge or the patient has not urinated for 12 hours then call the booking number and we will endeavour to assess the situation for you
2. Parents are encouraged to change the nappy regularly until the skin is healed
3. Bathing for 5 to 10 minutes, starting the day after surgery is recommended as this will loosen the Plastibell/circumplast ring
4. You may also gently lubricate the area by applying Vaseline on the inside of the front of the nappy
5. If the baby is difficult to settle after the procedure, and is over 2 months and weighs >4kg you may administer Calpol but please carefully follow the instructions given at the back of the bottle
6. The plastibell/ circumplast ring takes approximately 10 days to fall off and the wound will heal over the following weeks. If it has not fallen off by 10 days then give us a call on the booking number.
7. Our surgeons are more than happy to answer any questions or concerns you may have, please call, text or WhatsApp using the booking telephone number, or alternatively you can send us a message through our website www.qcclinic.co.uk on the "Contact Us" page



After the procedure (Open): more than 2 years old

1. Adults can take 1g paracetamol 4 times a day and 400mg ibuprofen three times a day if you are not allergic/ intolerant. Speak to your surgeon on the day if you are not sure. Children Can take the appropriate amount of liquid suspension of paracetamol and ibuprofen which is written on the bottle for their age
2. The bandage, if applied, should be removed approximately 48 hours after the procedure after wetting it
3. You may notice some swelling, bruising or oozing of yellow fluid which is normal for up to four weeks
4. If you notice any persistent bleeding then press firmly on it for 15 minutes with a cloth and if it does not stop get in touch with us
5. If you have excessive pain, a high temperature, difficulty passing urine or pus coming out of your wound then call our number
6. After 48 hours you can start to shower but do not soak in a bath tub for 2 weeks, take care to pat the wound dry and not rub it hard
7. Your skin will be sensitive to start with and that sensitivity will go down over the next few weeks. Your stitches will dissolve over four weeks
8. If you are doing a physical job then we recommend one week off work, if you have an office job then two days off work is usually ok. Please refrain from strenuous activity for 4 weeks while the area heals. Please refrain from intercourse for 4-6 weeks after the procedure so that the area can heal.
9. Children may need 3 days off school depending on their discomfort. We advise a resting period of 3 days and then light play until the area has healed which will last 4 weeks.
10. Our surgeons are more than happy to answer any questions or concerns you may have, please call, text or WhatsApp using the booking telephone number, or alternatively you can send us a message through our website www.qcclinic.co.uk on the "Contact Us" page.