BEFORE THE CIRCUMSICION

1. MATERIALS
2. “Bepanthen Plus” cream. Two creams might be required (No prescription necessary).
3. “Emla” cream (No prescription necessary, but a prescription significantly reduces the price).
4. “Novimol” syrup (No prescription necessary).
5. 10 Diapers
6. A large pack of wet wipes.
7. Three cloth diapers.
8. A pillow.
9. A bottle of sweet red Kiddush wine or Tirosh – not dry wine.
10. A Kiddush cup.
11. Two tallitot (one for the father and one for the godfather).
12. High chair for the godfather, bar chair or synagogue chair.
13. Empty, normal height table on which to put equipment.
14. Pacifier
15. PREPARATION BEFORE THE CIRCUMCISION
16. Stop feeding the baby one hour before the brit.
17. At the last pre-circumcision feeding, interrupt the baby after 2-3 sips and give the baby Novimol syrup with its included syringe. Dosage: 0.15 cc per kilogram of baby’s weight. Finish feeding the baby
18. Approximately 60 minutes before the brit, rub “Emla” cream on the lower belly and penis. Begin at the midpoint between the navel and penis, and work downwards. After applying the cream, cover the area with plastic wrap or a small plastic bag in order to prevent the cream from being absorbed into the diaper.
19. LOCAL ANESTHETIC
20. The parents can decide if they would like a local anesthetic to be used during the circumcision.
21. The anesthetic is similar to what dentists use. It is injected in the lower stomach, close to the penis. The injection is a bit painful, but it prevents pain during the circumcision.
22. The anesthetic wears off approximately ninety minutes after the injection.
23. JAUNDICE
24. The circumcision will not be performed if the bilirubin level is above 13.
25. Update me regarding the bilirubin level measured when being discharged from the hospital.

AFTER THE CIRCUMCISION:

1. TREATING THE WOUND
2. Don’t touch the diaper for the first three hours after the circumcision. After three hours, even if the baby is sleeping, you must verify that there is no active bleeding.
3. The diaper may be removed carefully 3-6 hours after the circumcision, leaving the wipe with cream on the penis.
4. Six hours or more after the circumcision, place the baby in a warm bath. The temperature should be approximately 34 degrees, slightly cooler than usual. Oil or soap may be added to the water. **DO NOT TOUCH THE PENIS**, but merely let it soak. The rest of the body may be cleaned as usual.
5. After the bath, put a diaper on the baby. Fold a wipe in half three times and apply the “Bepanthen Plus” cream to one side of the wipe. Place the wipe with the cream on the penis so that the penis faces down (toward the feet), and close the diaper well.
6. Repeat this process with every diaper change until the next bath.
7. Important: If the wipe with cream sticks to the penis, do not try to pull it off or remove it by force. Wait until the next diaper change. There’s a good chance the wipe will separate during the next urination. If not, it will separate during the next bath.
8. Beginning with the bath on the day after the circumcision, “Bepanthen Plus” should be applied directly to the penis at every diaper change for the next two weeks.
9. HEALING OF THE WOUND
10. The wound heals within three days. It is closed and intact, but remains vulnerable and sensitive for two weeks.
11. After two weeks the wound is completely healed.
12. BATHS
13. As mentioned above, during the first bath the penis should be soaked but not touched.
14. For the next three days, the penis can be washed with soap and water only with extremely gentle stroking.
15. After that, for two weeks, the penis can be cleaned gently with soap and water.
16. After two weeks, clean the penis well from the end of the penis downwards. This is to prevent skin from sticking to the head.
17. BLEEDING
18. During the first two days, blood stains may appear on the diaper. A few stains of about 1-2 centimeters in the diaper are normal.
19. It’s possible that a large pink stain will appear on the diaper. This is normal. It is urine which has been colored with a little bit of blood.
20. A large blood stain on the diaper, 4 centimeters or larger is not normal. If this occurs, call immediately.
21. PAIN
22. Some pain may occur on the day of the circumcision and on the following day. Novimol (0.15 cc per kg) may be given once every four hours, as necessary.
23. It is possible the baby will begin crying suddenly and loudly. This is normal. It is likely the result of a burning sensation during urination. This does not require treatment, as the baby will calm down within a short time.
24. BABY’S BEHAVIOR ON THE DAY OF THE CIRCUMCISION
25. It’s possible the baby will sleep many consecutive hours (more than usual, perhaps as many as six). This is a normal phenomenon, and there is no need to worry or wake him up.
26. It’s possible that upon awakening he will want to eat more often than usual. This is also normal. It is better that the baby not eat too quickly. Ensure that the baby takes breaks so as not to over-do it and then spit-up.
27. ADDITIONAL PHENOMENA
28. Swelling of the penis may occur. This is completely normal. In two to three weeks' time, the swelling will begin to recede.
29. In most cases, white-yellowish granulation tissue will appear in the area around the penis. This is completely normal. Do not scratch or peel the tissue, since the skin beneath it is healing. The tissue will fall off on its own in 2-3 weeks when the wound is healed.