



Royal Berkshire
NHS Foundation Trust

Advice following foreskin surgery

Adult Day Surgery Unit

This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit (ADSU).

Types of foreskin surgery

- **Frenuloplasty** is a procedure that cuts the small tag of skin between the shaft of the penis and the foreskin. This lengthens the frenulum, making retraction of the foreskin easier. (The frenulum on the penis is like the skin tag visible under your tongue when you lift it.)
- **Dorsal slit** is a procedure where the foreskin is cut to widen and loosen it.
- **Prepuceplasty** is a procedure where the foreskin is cut and stitched to produce widening.

After the operation

- You will need to rest for 24 hours.
- You will need to retract the foreskin once a day, clean the area and it may help to apply Vaseline to the wound.
- You may find the wound oozes a small amount of blood for a few days after the operation.
- Please take a shower 24 hours after the procedure, then a daily shower after that.
- You have dissolvable stitches, which may take from four to six weeks to dissolve.
- You may experience some discomfort, which can be relieved by painkillers such as Paracetamol and Codeine.
- Wearing supportive underwear (day and night) will be more comfortable.
- If you have a lot of swelling/discharge or have difficulty in passing urine, contact your GP.

- You may return to work when you feel comfortable and depending on what your job is.
- Avoid sexual activities until the wound is healed.

If there is anything you do not understand or if you have any questions or concerns, please feel free to discuss them with your nurse.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone Hopkins Ward on 0118 322 7771.

Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP or call 111.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

ADSU, January 2025

Next review due: January 2027