



Circumcision in children using a Plastibell

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You, the parents, have decided to proceed with a Plastibell circumcision for your child. During this procedure the foreskin of the penis is removed by a paediatric urologist using a plastic ring and string (suture).

Should you have further questions or doubts after having read this brochure, please do not hesitate to talk to a doctor or nurse from our team.

We would like to take this opportunity to wish your child a good and speedy recovery!

The Paediatric Urology Team



WHAT IS A CIRCUMCISION?

During a circumcision the non-elastic skin around the glans of the penis is removed, resulting in the glans being visible.

UZ Leuven does not perform partial circumcisions, we always remove the entire foreskin.

Circumcisions can be performed in two ways:

- **A Plastibell circumcision.** This procedure is used for children up to age of approximately 6 months. Further information on this topic is provided in this information brochure.
- **Conventional circumcision.** This procedure is performed for children from the age of 6 months under a general and local anaesthetic. Further information is provided in the brochure entitled 'Circumcision in children'.



CIRCUMCISION WITH A PLASTIBELL

During this procedure the non-elastic foreskin of the penis is removed using a plastic ring and string (suture), as a result of which the excess skin will slough naturally.

With **newborn babies up to 4 weeks** old the procedure is performed using a local anaesthetic and sugar water.

With **With babies between 3 and 6 months** old the procedure is performed under general anaesthetic..

WHEN IS A PLASTIBELL CIRCUMCISION ADVISABLE OR NOT ADVISABLE?

MEDICAL REASONS

Next to traditions and cultural customs, there may be medical reasons to perform a circumcision at a very young age. Phimosis, for example, a narrowing of the foreskin that can cause infections.

CONTRAINDICATIONS

In some cases it is not advisable to perform a circumcision (just yet).



With newborn babies

It is advisable to postpone the procedure if:

- the baby has not yet ingested enough vitamin K.
- the baby has not been able to urinate yet.
- the baby is less than 24 hours old. This will ensure that there is a higher degree of certainty that the baby is completely stable and medically OK.

Importance of vitamin K

Vitamin K is essential for blood coagulation. A lack of vitamin K can consequently lead to dangerous bleeds.

Breast milk only provides a small amount of vitamin K, which means that mothers are not able to compensate for this themselves via the baby's feed.

In some hospitals vitamin K is administered via a single intramuscular (via the muscles) injection at birth. In such cases the baby no longer needs additional vitamin K later on.

If the baby only received vitamin K orally at birth and is being breastfed, we recommend that 2 mg of vitamin K is administered weekly until the baby is three months old.

With children with a congenital abnormality of the penis

- hypospadias
 - With this congenital abnormality the opening of the urethra is located at the bottom rather than at the top of the glans, or on the shaft of the penis.
- curving of the glans
- oedema or swelling
- micropenis

MAKING A DECISION

Deciding whether or not to let your child have a circumcision can be a difficult process. It is important to weigh up the benefits and risks of the procedure.

Do you have further comments or questions? If so, please do not hesitate to contact the urology unit. Their contact data is included at the end of this information brochure.

PREPARATIONS FOR THE PROCEDURE

Prior to the intervention you will have a consultation, together with your child, with the nurse and paediatric urologist. They will discuss the details of the procedure with you and perform a clinical examination of your child's penis. Obviously, you will also have the opportunity to submit any questions you might have.

The procedure is not performed during this consultation.



SURGERY DAY CARE HOSPITAL

The **day before the procedure** we will contact you to notify you of the exact time of the procedure. We will also tell you when your child has to stop eating or drinking as it is important that your child should have **fasted** before the procedure.

Why does my child have to fast before the procedure?

During the procedure the stomach contents could overflow into the airways. Any protective measures that would normally kick in will be suppressed by the medication that has been administered to anaesthetise your child during the procedure. If the stomach contents were to enter the lungs this could result in severe pneumonia.

If your child has not fasted beforehand when you check in, the procedure may have to be postponed or cancelled.

On the **day of the procedure** you and your child need to report to the surgery A (E 596) day care hospital at the Gasthuisberg campus.

If you are travelling by car, it is advisable to use parking Oost at the 'Het Teken' roundabout. The kiss-and-ride zone (K+R) of the surgery day care hospital only provides short term (maximum 45 minutes) parking to drop off or collect someone.

The day care hospital is accessed via the general reception hall (access Oost). You then need to proceed to the **orange street, gate 6, level -1**.

Prescriptions and certificates

Check beforehand which certificates the urologist needs to complete, e.g. documents for your health insurance fund. When checking in on the day of the procedure ask the doctor to complete these documents.

THE PROCEDURE

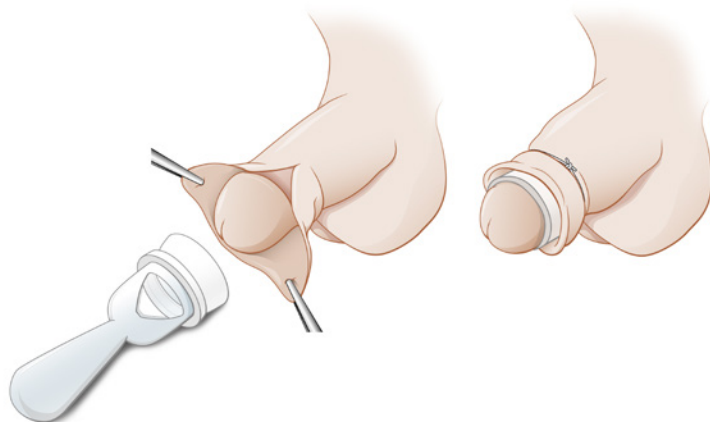
If your child has an operation under general anaesthetic (aged between 3 and 6 months) one parent or guardian can stay with the child until they are asleep. This is not an option if your child only has a local anaesthetic. In such cases the operating theatre nurse will collect and bring back your child.

With a complete anaesthetic your child will also be fitted with a precautionary intravenous drip, which will be inserted when they are asleep and will remain in place for a while after the procedure.

Initially the skin will be thoroughly disinfected to prevent infection. A local anaesthetic is then applied around the penis or around the nerves of the penis to ease the pain. Usually the anaesthetic will be effective up to 4 to 5 hours after the procedure.



A plastic ring (Plastibell) will be inserted between the glans of the penis and the foreskin. A sterile piece of string (suture) is then secured around the foreskin in a small groove in the base of the Plastibell, to apply pressure on the foreskin.



The non-elastic skin is then removed and any remaining skin will drop off because of the Plastibell remaining in place. The plastic ring will also drop off naturally after one to two weeks or will be cut by the doctor during the check-up consultation.

The administration of the anaesthetic and the procedure will take a total of 15 to 20 minutes.

POTENTIAL COMPLICATIONS

Any medical treatment is associated with risks and complications. You will have been informed accordingly during the consultation. Do you still have questions or doubts? If so, please do not hesitate to ask the doctor or nurse for more information.

If you suspect that there is a problem bring your child to A&E immediately. In the event of non-urgent questions you could take

a few photographs and send them with your query by e-mail to urologie@uzleuven.be. The doctor or nurse will then try to respond as soon as possible.

The following complications may occur after the procedure:

- **Pain when urinating**
Particularly the first few times after the procedure. This type of pain will disappear naturally.
- **Infection and/or fever**
A wound can always become infected, although this tends to be rare with this procedure. If an infection does occur or your child develops a fever, always contact the doctor in charge of the treatment.
- **Bleeding after the procedure**
The wound may still bleed slightly following the procedure. Usually, but not always, this will stop naturally. If it does continue you will have to try to stem the bleeding yourself, but if this is not successful you will have to come to the hospital.
- **Swelling**
Any swelling will be most noticeable after approximately five days. After that the swelling will subside and the plastic ring can then drop off. Don't worry if the ring hasn't completely dropped off after one to two weeks. It will be removed quickly and painlessly during the check-up consultation. Definitely don't pull the ring to try and remove it.
- **Surgical injuries**
The surgeons will operate with the utmost care and accuracy, but there is always a risk of a minor injury to the glans of the penis. Scar tissue can also develop.



AFTER THE PROCEDURE

If the procedure was performed under a full anaesthetic your child will be able to go home once it has managed to urinate for the first time. The precautionary intravenous drip will be removed after the procedure.

AFTERCARE

No **bandage** will be applied. Your child will be able to have a shower or a bath. The penis can be looked after as normal, with a drop of baby oil applied, if necessary, when your child has a shower or bath.

We also recommend that with any **nappy change** a few drops of baby oil are applied to the centre of the plastic ring to prevent the mucous membrane from drying out. You can also continue this for a few weeks after the ring has dropped off.

MONITORING

On the day of the procedure an appointment will be made for you for a urology consultation **two weeks later** when the doctor in charge of the treatment will check the wound.

Even if the wound appears to be healing nicely, it is advisable to attend this consultation with your child.

COST

The UZ Leuven website provides further information on the estimated cost depending on your insurance provider. Visit www.uzleuven.be/nl/kostenraming/besnijdenis-circumcisio or scan the QR code.



CONTACT DATA

You can contact the urology unit at UZ Leuven at any time.

BY EMAIL

- urologie@uzleuven.be
- Use email if you have a non-urgent question and would like to include photographs. Please include: 'FAO paediatric urology' and your child's name and date of birth or registration number.

BY TELEPHONE

- For medical problems following the procedure:
 - nursing consultant urology-paediatrics Jolien Delestinne
tel. +32 (0)16 34 60 46
- To make an appointment:
 - urology secretariat
tel. +32 (0)16 34 66 85

In the event of urgent problems always come to A&E as soon as possible.



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Herestraat 49
3000 Leuven
tel. 016 33 22 11
www.uzleuven.be

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