Bris Aftercare Instructions

RABBI SHAIMA GOLDBERG, CERTIFIED MOHEL

In the first hours after the bris

Check the bris area: 1 hour after the bris, or when you arrive home; 2.5 hours later; 3.5 hours after.

> **The bandage has already been removed.** All that remains on the bris area is a small fiber material, there for safety. Do not remove it; it will come off by itself within 2 to 3 diaper changes. If it has not come off after his bath 24 hours later, please let me know.

Staining is expected on the first few gauze changes, and it should diminish to a lighter pink color with every gauze change.

What to do: for the next 4 days, at every diaper change

1. Before putting the baby down, wash your hands thoroughly with antibacterial soap, then prepare the diaper, wipes, ointment, and gauze.
2. Open the gauze and put a generous amount of ointment in the center, then use the sides of the gauze to spread the ointment onto most of the gauze. Alternate between Neosporin/Bacitracin and A&D ointment at each diaper change.
3. Clean the diaper area and put him on a new diaper, then gently remove the old gauze by pulling up at two opposite corners.
4. Apply the fresh gauze at the center, covering the entire bris area, like a tent on top of the crown.

Your doctor may recommend 1 dose of 1.25ml Tylenol (acetaminophen) if your son is crying a lot and seems to be very uncomfortable.

Bathing

24 hours after the bris, it is recommended to give him a full bath of 5 to 10 minutes. Continue giving him baths for the next 2 weeks, until the healing process is complete. If the umbilical cord has not yet fallen off, just soak his bottom in the bath.

Choosing the right diaper size

The diaper should be slightly big on him and never snug, so that it doesn't rub on the bris area and cause unnecessary inflammation or swelling.

This guide is for Pampers. Beware: most imitation brands run small.

Baby's weight	Diaper size
Under 6 lb	Size 1
6 lb	Size 2
9 lb	Size 3
13 lb	Size 4
17 lb	Size 4+
22 lb	Size 5

What to expect

- A few days after the bris, there will be a yellowish off-color discharge that forms a scab and new skin. This is part of the healing process. Do not rub or peel it off.
- The wound should not be tender after 3 to 5 days, should be essentially healed in about 2.5 weeks, and should have a normal appearance in about a month.
- Clean the ridge under the crown at every bath from any dirt that might have collected there.
- If the baby is chubby and the skin of the shaft starts pushing its way past the ridge of the crown, pull the skin down, back toward his body, at every bath, so that the skin doesn't get stuck to the glans.

When to call the mohel: (917) 822-9910

- Blood flowing from the wound area
- Your son has definitely not urinated in 6 hours
- The ridge under the crown is being covered by skin

If there is persistent bleeding: apply steady pressure for 2 minutes by squeezing the source of the bleeding with an ointment gauze between your thumb, index finger, and middle finger until the bleeding stops, and contact your mohel.

Follow-up visits. I check on the baby before and after the bris, and I am available for any questions or concerns at any time. When something worries you, even at night, simply call or text.

Why is my baby crying?

Remember, he just had a minor surgery. He may also simply need to burp, be hungry, need to be changed, or be tired. Some gentle ways to soothe him:

- Swaddle him snugly in a receiving blanket
- Hold him on his stomach and gently pat his back
- Put your clean pinky up to his palate so he can suck on it
- Gently rock him in an up-and-down motion

Any questions or concerns, please don't hesitate to call at any time.

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