



FORESKIN CARE:

A GUIDE FOR PARENTS

HEALTH HINTS

Soreness and Infection

Stop bathing with soaps and bubble-baths if the foreskin becomes red and itching, a common cause is fungus, easily treated with an anti-fungal cream, or liquid acidophilus culture (available in health food stores) applied 6 times daily for 6 days. If diagnosed with a urinary tract infection, use prescribed antibiotics. Seek medical help any time there is pain, oozing, fever, change in coloration, or bleeding.

Ballooning While Peeing

This is normal, though it can be alarming to parents seeing it for the first time. If the boy is not in pain and his urine is free flowing, don't worry.

Foreskin Won't Go Back Down

Put your first and second fingers on either side of the retracted foreskin (like holding a syringe) and push the glans back into it with the thumb (like depressing the plunger on a syringe). If unsuccessful, seek medical assistance immediately.

Circumcision Referral

If your physician recommends circumcision without first considering less invasive treatments, get a second opinion. There are many alternative treatments for various penile problems such as stretching, taking prescribed antibiotics, or applying topical steroid creams, which might help your son avoid surgery.

Parents can relax, knowing they can now care for their natural son easily using this basic information, and that he will be healthy, safe, and happy. Physicians now agree that you no longer have to retract his foreskin, which makes washing his penis easier than a circumcised one

Bathing and Hygiene

Use warm, clear water to bathe him. Soaps and bubble baths can cause skin irritation. When he's ready, he can be taught to keep himself clean. As his foreskin begins to naturally retract, he should be encouraged to gently pull his foreskin back, rinse himself, and return it to its forward position. Talk with him about germs and proper hygiene, and caution him about touching his bottom—his fingers might transfer germs to his penis.

Normal Growth

Before birth, the foreskin and penis grow as a single structure. After birth, the foreskin slowly begins to loosen over a period of years. As the inner layer dissolves, excess skin cells slough off and appear as small, white lumps. Few foreskins retract in the first year, most take many years, while some never retract—this is all normal.

Foreskin Retraction Danger

Forced foreskin retraction by an un-informed adult is the greatest penile risk boys face. It causes severe pain, bleeding, scarring, and may lead to infection and adhesions. The foreskin should be retracted by the boy himself, and only when he is ready to do so. **Caution:** *Stay with your boy during all medical examinations.* Some healthcare professionals might forcibly retract his foreskin. Before every examination say, "Please, do not retract his foreskin."

Diaper Changing

Clean only what is seen. Change his diapers often. Make sure that the whole diaper area is clean before putting a new diaper on.

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