



UW Medicine

## 在华大社区诊所 做包皮环切术

许多华大学医学的社区诊所都做包皮环切的门诊手术。我们尊重家人对初出儿是否做包皮环切术的选择。

### 包皮环切术与您的新生儿

包皮环切术是选择性的男婴手术。它是切除阴茎 25% 至 50% 的包皮。通常是在男婴出生后的前几个星期做的。

婴儿必须健康才能安全地做包皮环切术。手术大约需要 20 分钟，恢复需要 7 至 10 天。



包皮环切术一般是在男婴出生后的前几个星期做的。

研究表明、包皮环切对健康有益。2012 年、美国儿科学会（AAP）表示这些健康益处远大于风险。

父母选择最适合自己的孩子的事项。他们可能基于宗教、社会或习俗的原因做选择。

### 包皮环切的益处

- 降低尿路感染（UTI）的风险。
- 降低患阴茎癌的风险。但是、不论男性是否行割礼、这种类型的癌症是非常罕见的。
- 对性传播的感染（STI）包括艾滋病病毒（HPV 和 HIV）在内的风险略低。
- 预防包皮感染。
- 预防包茎、这是一种发生在未割包皮的男性、包皮不能缩回（向后拉）的情况。
- 易于保持生殖器部位清洁。



要预约宝宝的包皮环切术请  
致电华大医学联系中心  
206.520.5000。

## 包皮环切术的风险

- 与任何手术一样、包皮环切术有一些风险。包皮环切术引起的问题很少见、大多数情况下都是很轻微的。它们包括出血、感染、割包皮过短或过长以及愈合不当。请与您的医疗保健提供者讨论可能发生的问题。
- 切除包皮后、阴茎尖端可能更容易受到刺激。这可能导致阴茎的开口变得太小。极少的情况下、会引起排尿问题而需要通过手术纠正。
- 有些人认为、包皮环切术会使阴茎的尖端变得不那么敏感、导致以后性快感降低。但医学或心理学研究都还不能证明此说。

## 安排在华大医学做包皮环切术

如您选择做包皮环切术、我们将尽可能地确保您宝宝的舒适和安全。我们提供细心的支持和药物、以减轻此过程的不适感。

即使这是一个简短的程序、也要计划在诊所至少停留 **1½至 2** 个小时、以便对宝宝做全面的护理。我们要确保您宝宝在离开之前一切安好。

请在分娩后尽快安排预约。我们希望婴儿在 **3 周以内** 做此环切术。请咨询您的保险公司是否涵盖包皮环切术。许多保险公司不付款。如您的保险计划不涵盖包皮环切术、那您必须在手术时自付费用。

## 获取详情

有关环切术的详细资讯请上网：

**American Academy of Pediatrics** ..... [www.aap.org](http://www.aap.org)

美国儿科学会

**American Academy of Family Physicians**..... [www.aafp.org](http://www.aafp.org)

美国家庭医师学会

**Family Doctor** ..... [www.familydoctor.org](http://www.familydoctor.org)

家庭医生

**Healthy Children** ..... [www.healthychildren.org](http://www.healthychildren.org)

健康儿童

### 您有疑问吗？

我们很重视您的提问。如您对包皮环切术有疑问、请在工作时间致电：

、华大医学联系中心：  
206.520.5000

现在、请回到本手册的目录并勾选此题材的框框、以便让护士知道您已经阅读了本章。

## Circumcisions at UW Neighborhood Clinics

*Many UW Medicine Neighborhood Clinics do circumcisions as an outpatient procedure. We respect a family's choice about whether or not to have their newborn son circumcised.*

### Circumcision and Your Baby Boy

*Circumcision* is an optional surgery for male babies. It removes 25% to 50% of the foreskin of the penis. It is usually done in the first few weeks of a baby boy's life.

A baby must be healthy to be circumcised safely. The surgery takes about 20 minutes and healing takes 7 to 10 days.



*A circumcision is usually done in the first few weeks of a baby boy's life.*

Studies show there are health benefits of circumcision. In 2012, the American Academy of Pediatrics (AAP) stated that these health benefits outweigh the risks.

Parents choose what is best for their child. They may base their choice on religious, social, or cultural reasons.

### Benefits of Circumcision

- A lower risk of urinary tract infections (UTIs).
- A lower risk of getting cancer of the penis. But, this type of cancer is very rare, whether or not a male is circumcised.
- A slightly lower risk of getting sexually transmitted infections (STIs) including HPV and HIV, the AIDS virus.
- Prevention of foreskin infections.
- Prevention of *phimosis*, a condition in uncircumcised males that prevents foreskin *retraction* (pulling back).
- Easier to keep the genital area clean.



To make an appointment for your baby's circumcision, please call the UW Medicine Contact Center at 206.520.5000.

## Risks of Circumcision

- As with any surgery, circumcision has some risks. Problems from circumcision are rare, and most times they are minor. They include bleeding, infection, cutting the foreskin too short or too long, and improper healing. Be sure to talk with your healthcare provider about possible problems.
- When the foreskin is removed, it may be easier for the tip of the penis to become irritated. This may cause the opening of the penis to become too small. Rarely, this can cause urination problems that may need to be corrected with surgery.
- Some people believe that circumcision makes the tip of the penis less sensitive, causing a decrease in sexual pleasure later in life. This has not been proven by any medical or psychological study.

## Planning for Circumcision at UW Medicine

If you choose a circumcision, we will make sure that your baby is as comfortable and safe as possible. We give caring support and medicines to ease the discomfort of this procedure.

Even though this is a short procedure, plan to be at the clinic for at least 1½ to 2 hours to allow full care for your baby. We want to make sure your baby is fine before you leave.

Make your appointment as soon as you can after you give birth. We prefer to see infants **up to 3 weeks of age**. Ask your insurance company if it covers circumcisions. Many insurance companies do not pay for them. If circumcision is not covered by your insurance plan, you must pay for it at the time of the procedure.

## To Learn More

To learn more about circumcisions, visit these websites:

- American Academy of Pediatrics ..... [www.aap.org](http://www.aap.org)
- American Academy of Family Physicians..... [www.aafp.org](http://www.aafp.org)
- Family Doctor ..... [www.familydoctor.org](http://www.familydoctor.org)
- Healthy Children ..... [www.healthychildren.org](http://www.healthychildren.org)

### Questions?

Your questions are important. If you have questions about circumcision, call your healthcare provider during office hours.

UW Medicine Contact Center: 206.520.5000

**Now, please go back to the Table of Contents in this workbook and check the box so your nurses will know you have read this chapter.**