

## Phimosis Cream Application Instructions

He has been given a prescription for a steroid cream to use at home following the directions below:

- 1) Using the syringe that was given to you in our office. Pull the plunger piece of the syringe out of the tube.



 Pull this part completely out of syringe

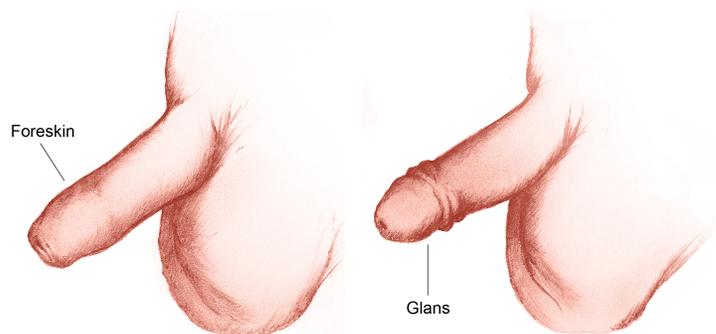
- 2) Place 0.5-1ml of cream into tube and place the plunger back into the syringe.

- 3) Place the tip of the syringe into the opening of your child's foreskin and press the plunger down to release the cream.

- 4) Remove the syringe and pull the foreskin back on your child as far as possible without causing pain.

- 5) Hold foreskin in this stretched position for 1 minute.

- 6) Repeat steps 1-5 four times per day for 6 weeks. Gradually you will begin to see more of the glans (the head) of the penis when you pull back on your child's foreskin.



**\*\*After completing 6 weeks of treatment please have either yourself or your child pull their foreskin back every time they shower or bathe or whenever you change their diaper in order to clean the area. Also once your child is toilet trained teach them to pull their foreskin back every time they urinate. It is important to also place foreskin back over the glans of the penis after every time it is retracted.**