

## **Bris Supplies**

- 1 package/box of 3x3 sterile gauze pads (20 in a box)
- 2 tubes of Neosporin ointment
- 1 13 oz Vaseline
- 6 Diapers
- 1 Pillow
- Formula in a bottle prepared
- Sweet red wine & Cup
- Pacifier with a clip
- 2 Tallis (prayer shawls)
- 2 sturdy chairs (one for Eliyahu Hanavi and the other for the Sandak)
- Simchah/Happiness

## **Special Instructions**

Please have your baby fed within 1 hour prior to the Bris (and properly burped). A satisfied baby is a happy baby by the Bris. Most babies are hungry right after their Bris regardless of the time of their previous feeding. I suggest having an additional prepared bottle for right after the Bris.

**MOTHER AND BABY SHOULD ARRIVE AT LEAST 30 MINUTES BEFORE THE SCHEDULED TIME OF THE BRIS**

As a medical expert, I'm a strong advocate of the more natural breastfeeding over bottled formula feeding, however many Mohel's suggest not nursing your child within 12 hours prior to the Bris, because a mother's apprehensiveness affects her milk and can cause cramps to her newborn. Although this hasn't been proven, we do usually see a difference. Certainly, any undue stress or tension should be avoided at all costs and therefore I leave it up to each mother to do what best works for her.

## **Very Important, 48 Hours Before Scheduled Bris**

Do not soak with, or use ointments, creams or lotions on the Bris area. However, a sponge bath is o.k. Make sure your child is dressed in clothing which may be opened from the bottom and wrap your son in a warm comfortable receiving blanket.

## **After the Ceremony Post Care:**

**Rabbi Rubin will give clear concise instructions on how best to care for your child.**

### THE FIRST 36 HOURS AFTER THE BRIS

- The first day may be challenging, but with patience and care, it's fairly simple.
- If your child seems irritable, you may give him a 1/2-dropful (.4 ml) of liquid infant Tylenol every 4 hours as needed.
- After the first 24 hours, you will see several things. The head of the penis will be red or purple. It is neither infected nor bleeding. It is red because until now it has not come into contact with light or air. This redness will disappear soon. You may also see swelling beneath the glans (the head of the penis is not swollen; only the tissue beneath it is). This is normal. The swelling will go down within a few days. You might also see a mucous discharge. This is lymphatic secretion which might vary in color from white, yellow, green, or gray. It might be noticed on the head or shaft of the penis and will resemble a soft scab or a film. In some cases, the build-up of this secretion might look like pus or a blister, but it is neither. Do not attempt to remove it from the penis, since doing so might cause bleeding or discomfort. Just leave it alone and it will go away.

### **IMPORTANT NOTE !**

**Under NO circumstances shall the original dressing that was placed during the Bris be removed, it may result in serious bleeding.**