



Rabbi Yisrael Davidowitz

— THE GENTLE MOHEL —

## BEFORE & AFTERCARE INSTRUCTIONS

### ITEMS TO BRING TO THE BRIS MILAH

- 2 firm sleeping pillows
- 2 Tallaisim
- Sweet wine or grape juice & Kiddush cup
- 6 Diapers (i.e. Pampers)
- 2 cloth diapers
- Wipes
- Thirty 3X3 inch gauze pads
- Triple antibiotic cream (i.e. Bacitracin)
- A&D ointment (petroleum based)
- Bottle with sugar-water:  
1 teaspoon of sugar to 3 ounces of water
- Pacifier

*You can search for a public Amazon list for some of these items by logging into your Amazon account, go to lists and search under [yd@thegentlemohel.com](mailto:yd@thegentlemohel.com) for a public "Bris List"*

### DAY OF THE BRIS – PRIOR TO THE BRIS

- Do not use ointments, creams, or lotions on the bris area
- It is okay to give a sponge bath
- Last feeding *should* be between one to two hours before the Bris Milah
- Dress baby in clothing which may be opened from the bottom and wrap baby in a receiving blanket

### DAY OF THE BRIS – AFTER THE BRIS

- Apply A&D ointment and Bacitracin on a gauze pad and place on top of bris area after each diaper change (I will show you how to do this)
- Baby may lay in any position that seems comfortable (even on his stomach)
- If the baby seems uncomfortable, you may give 40mg of tylenol/acetaminophen. If he is crying excessively, please call me (slightly more than usual is okay, but you should be able to calm him)
- Do not bathe the baby

### FOR THE THREE DAYS FOLLOWING THE BRIS

- Use Bacitracin and A&D ointment on a gauze pad and apply to the bris area at each diaper change
- Sponge bath only, avoiding the bris area
- The redness will subside in a few days; a soft, light-colored scab-tissue may form for several days. This is normal - it is the granulation tissue of new skin, please do not attempt to remove

If you have any questions or concerns, please contact me

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