

Adult Male Circumcision

What is circumcision?

A circumcision is surgery to remove the foreskin of the penis.

It is done for one of these reasons:

- when the foreskin cannot be pulled back or retracted
- to avoid discomfort during sexual activity
- to prevent further infections
- to remove pre-cancerous skin changes

You may have a general anaesthetic and are asleep during the operation. You may have a spinal anaesthetic where you are awake but cannot feel from the waist down. The anaesthesiologist will talk to you about this before the operation.

How do I relieve pain and swelling?

You will have some pain, swelling and discomfort for 7 to 14 days after surgery. Pain control medication will help. Ice packs may be used to relieve pain and reduce swelling for the first 24 hours. You may feel more comfortable wearing loose clothing such as sweat pants and an athletic support.

After the first 24 hours soaking in a warm tub of water 2 times a day may help.

After a general anaesthetic:

- You must go home with an adult.
- An adult must stay with during the night after surgery.
- Do not drive, operate machinery, drink alcohol or make important decisions for 24 hours after surgery.

How do I care for my penis?

The incision may have:

- a small elastic dressing
- a Vaseline[®] and gauze dressing
- Vaseline[®] on the penis and no dressing
- a dry dressing

Your surgeon will review care with you. If you have a dressing and it falls off, do not replace it. If the dressing does not fall off by the next day, soak it off.

There are tiny sutures around the head of the penis. As the sutures dissolve, there is a small amount of discharge. This is normal and not infection. You may keep clean by soaking in the tub or cleaning with hydrogen peroxide.

Wear loose clothing while you heal. This prevents pressure on the skin and helps reduce swelling.

You may see some bruising after 1 or 2 days. This is normal and should get better each day.

What can I eat and drink?

After a general anaesthetic have a light meal the first day. Drink 6 to 8 glasses of fluid for 2 to 3 days, unless your doctor has told you not too.

When can I have sexual intercourse?

You can have intercourse when the incision has healed completely. This will be at least 4 weeks.

When do I see my doctor?

Your doctor will tell you when to have a check-up. Call the doctor's office if your doctor has asked you to call and make an appointment.

Contact your doctor if:

- you have sudden bleeding from your incision
- your pain or swelling gets worse
- you have problems passing urine
- you have a fever or signs of infection around your penis
- you have questions or concerns