

CIRCUMCISION

What is a Circumcision?

Circumcision is removal of the foreskin.

Why do I need a circumcision?

Circumcision is to treat:

- Phimosis; tightness of the foreskin.
- Paraphimosis; the inability to move the foreskin back over the glans of the penis.
- The management of infections.

Adult circumcision is rarely performed for religious or cultural reasons.

How is it performed?

The Doctor will make an incision at the end of the foreskin to remove it.

Circumcision is performed as a Hospital day case, under a general anaesthetic and takes about 45 minutes.

You cannot drive home after the procedure; you must be collected from hospital.

What to expect following surgery:

You will experience pain and bruising over the wound. You may take over the counter relief to help this, such as Paracetamol or Ibuprofen.

Additionally, to reduce swelling, you may apply ice covered in a face washer to the area – do not apply ice directly to the skin.

You may notice some blood-stained ooze from the wound. This is normal and can be cleaned gently with water and a mild soap.

It is safe to have sex once the discomfort of the procedure has settled (usually 4 weeks).

You can return to work about 3-5 days after surgery.

A post-operative review with the Doctor will be made about 4 weeks following Circumcision.

Should you require additional support prior to that time, you are welcome to contact the rooms to organise a sooner appointment.

How can I help recovery?

- You may shower normally and be gentle with the wounds.
- Generally, we advise to remove the dressing after Day 1 post-surgery (unless otherwise instructed by the Doctor).
- The wound will look red/blue and swollen, particularly underneath for 2-3 weeks.
- Snug underwear for support may help reduce pain/discomfort. In some cases, if irritation/sensitivity is severe, loose clothing is required.
- Remember to drink plenty of water.

When to seek help:

Please contact the rooms or see your GP:

- Excessive bleeding at the surgical site.
- Severe pain at the surgical site.
- Red, inflamed suture line.
- Burning or stinging on urination, or the inability to urinate.
- Fevers.
- Weeping at the incision site.