

## Information and Instructions

### What is Circumcision?

Circumcision is the surgical removal of the foreskin of the penis. The procedure may be indicated for medical conditions such as:

- Recurrent infections (Balanitis)
- Tightening of the foreskin (Phimosis)
- painful erections
- Retraction of a narrow foreskin that causes a painful swelling of the glans (Paraphimosis) or
- Social, personal or religious reasons

### What type of Anaesthetic?

Patients usually have a general anaesthetic for a circumcision. Being asleep means you will feel no pain or discomfort during the procedure.

Your surgeon may inject local anaesthetic in the area at the end of the procedure to minimize post-operation discomfort.

It is important to inform your doctor if you:

- Take blood thinners (Warfarin/Aspirin)
- Blood clotting problems

### What does the Surgeon do?

After you are asleep the surgeon will cut the outer layer of the foreskin around the penis, the foreskin is then pulled away and the remaining membrane is cut away, and the area sutured.

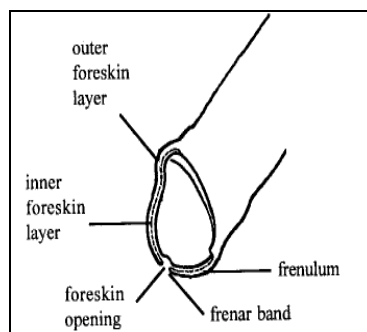


Figure 1 Anatomy of an intact penis

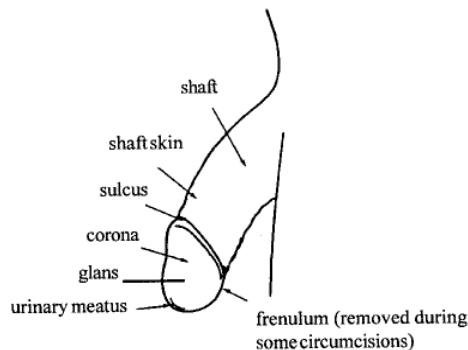


Figure 2 Anatomy of a circumcised penis

### Are there any Complications?

As with any surgical procedure complications may occur. The major potential problems are post-operative pain, infection, bleeding and trouble urinating.

Other potential problems include breathing difficulties, allergies, cardiac problems and deep vein thrombosis.

### What to expect after the Operation

- You will have a wound dressing around the operation site.
- There may be some swelling, bruising and bleeding
- Pain-should be controlled with Panadeine or Panadeine forte
- Use regular pain relief during your recovery period
- You will need to bring to hospital firm, supportive fitting underwear, such as jocks to wear after surgery for comfort and to decrease the risk of swelling.

### When can I go home?

You should only be in hospital for the day and will be able to go home when:

- You are pain free
- You do not feel sick
- You are able to eat and drink
- You are able to go the toilet

## Recovery at Home

### Wound Management

- Daily shower, taking care not to rub soap into the wound. Let water run over wound and pat dry
- Day 3-remove dressing in bath or shower, then have salt baths twice daily until sutures have dissolved

### Medication

- Continue to use pain medication as necessary
- Some pain relief medication may cause constipation. To avoid this:
  - high fibre diet (prunes, bran etc)
  - increase fluid intake
  - you may need a laxative (Senokot)

### Activity

- driving can be resumed within 24 hours of an anaesthetic, but be wary of abrupt movement whilst driving
- Normal daily activities may be resumed on discharge. Discuss with your doctor precautions in regard to lifting, sport and sexual activity-normally an abstinence from all sexual activity for 4-6 weeks

### You should contact your doctor if you:-

- Have fever, shivers, shakes
- Wound becomes red, swollen or bruised
- Pain not relieved through regular pain control

Adult Male Circumcision  
Written by: Rosemary Neville  
Approved/Updated: 25/04/2014

### Admission Details:

\* Hospital \_\_\_\_\_

\* Date \_\_\_\_\_

\* Time \_\_\_\_\_

**FASTING FOR AT LEAST 6 HOURS BEFORE SURGERY**

**TAKE USUAL MEDICATION ON MORNING OF SURGERY (except aspirin/warfarin)**

**DO NOT TAKE ASPIRIN/WARFARIN/PERSANTIN ONE WEEK PRIOR TO SURGERY**

Expect to stay in hospital for the day.  
If you envisage difficulties in managing at home after discharge, whilst in hospital ask to speak with a Home Care Nurse



**Southern Urology**

7 Chester Street  
East Bentleigh 3165  
Amanda Jenkins-Urology Nurse

*Patient Information Leaflet*

## **ADULT MALE CIRCUMCISION**



**Southern Urology**

Mr. Scott Donnellan-Urology Surgeon 9563 7899  
Mr. John Kourambas-Urology Surgeon 9563 7899  
A/Prof Sree Appu-Urology Surgeon 9563 7899  
Mr. David Pan-Urology Surgeon 9563 7899