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WHAT TO EXPECT POST YOUR CIRCUMCISION

This information explains what you may experience post your procedure and how to take care of yourself during this time. Circumcision is surgery to remove the foreskin of the penis. The foreskin is the fold of skin that covers the tip of the penis. Some men seek a circumcision to improve hygiene, sexual and cosmetic/aesthetic reasons, cultural, as well as related health issues.

Expect:

- It is considered a simple procedure performed under a general anaesthetic, you will not feel

anything. Local anaesthetic is also used so your pain is minimised post op.

- Bruising or swelling may be evident, but that will resolve over a 2-3 week period.

- The erection may be painful and may interfere with the healing process.

- First day post op, we recommend resting and taking it easy.

- Wound healing following circumcision typically takes six weeks.

- It is common for men to experience erections during their sleep. In the period immediately

following circumcision this may cause some discomfort because the stitches are pulled when

the penis becomes erect. This discomfort is normal and men should not worry about it. It will

settle down one or two weeks after the operation.

- Your stitches will dissolve/fall out over the following 3 weeks.

What to do:

- Ice regularly for the first 24hrs (do not apply ice directly to skin, ensure wrapped in cloth)

- Panadol/panadine forte can be recommended for any post-operative pain relief.

- Following circumcision, men should wear loose fitting briefs and can clean the wound at the 5-7 day mark. After a week the patient should recommence normal hygiene practices (i.e. washing the wound in the shower).

- Avoiding physical activity until the wound has healed, normally 2 weeks.

- Apply chlorisig ointment to suture line nightly for 1 week or until all used.

Avoid:

- Sexual intercourse / masturbation for up to six weeks following the circumcision.

Inform Dr Elmes' rooms if:

- You notice irritation infection like symptoms to the wound.
- Significant bleeding/swelling of shaft.