

UTAH MEN'S HEALTH | Ahead of the Curve Circumcision Handout and Instructions

Adult Circumcision

Circumcision is a procedure to remove the foreskin, the loose fold of skin that covers the head of the penis. You may have a condition that requires circumcision; or, you may want to be circumcised for personal reasons. Either way, you will want to know what to expect. Read on to learn more about adult circumcision and how it's done.

Before the Procedure

Tell your doctor about all medications you take and any allergies you have. You will be asked to take medication prior to the procedure, so arrange for an adult family member or friend to drive you home.

During the Procedure

- The penis and surrounding area are cleaned and prepared for the procedure.
- Depending on what type of anesthesia you get, you may be awake, drowsy, or asleep during the procedure. Either way, the skin of the penis will be numbed with injections of local anesthesia.
- Once the penis is numb or you are drowsy or asleep, incisions are made in the foreskin. The foreskin is then removed.
- The incisions are closed with sutures (stitches) or surgical glue.
- Pressure is applied to stop any bleeding, if necessary.
- The incision is covered with ointment and a bandage is put on the penis.

After the Procedure

When you dress to go home, wear snug-fitting, brief-style underwear. This will help hold your bandage in place. You will also be given care instructions for when you return home.

What to Expect

- You will probably see a crust of blood or yellowish coating around the head of the penis. Do not remove scabs. It's okay if they fall off on their own.
- The penis will swell. It may bleed a little around the incision.
- The head of the penis will be red or black-and-blue.
- You may have pain with urination for the first few days.
- Take pain medication as instructed by your health care provider.
- Healing takes about 4 weeks. The stitches should dissolve on their own.

Caring for Your Penis

- You may shower 48 hours after surgery. When drying off, gently pat the penis dry.
- Don't take a bath or use a hot tub, Jacuzzi, or swimming pool for 2 weeks after surgery.
- Follow your health care provider's instructions for bandage care. Change or remove the bandage only when told to do so by your health care provider. This will likely be the day after surgery.
- Avoid all sexual activity for 4-6 weeks after surgery. An erection can cause the incisions to open. Ask your health care provider what you can do to help stop erections.

Follow-Up

Make a follow-up appointment as directed by our staff.

Contact our offices at **(801) 587-1454** with any questions or concerns.

Call the health care provider right away if you have any of the following:

- Fever of 100.4°F (38°C) or higher
- Increased redness, bruising, or swelling of the penis
- Discharge that is heavy, a greenish color, or lasts more than a week
- Bleeding that isn't controlled by applying gentle pressure
- Inability to urinate