

# **Circumcision: A Guide for Patients**

Circumcision is the surgical removal of the foreskin. It may be done for cosmetic or religious reasons in children, but here at Perth Urology Clinic, we only perform circumcision for medical reasons, such as recurrent infections, tearing of the foreskin, or foreskin scarring, also known as phimosis.

## **Pre-operative preparation:**

Prior to the operation it is important there is no sign of foreskin infection. This should be treated with antibiotics and have resolved prior to surgery. Please let us know if you are on any blood thinning medication as it is preferable for this to stop at least a week before surgery. Stop any over the counter medications a week prior to surgery as well. You can usually take all your other regular medications but if you have any queries, don't hesitate to discuss it with us.

The operation generally lasts 30 minutes. The foreskin is removed and the edges are stitched together 5 mm below the head (glans) of the penis. We use absorbable sutures which will take 2-3 weeks to fall out, so you don't need to have these removed. A dressing will be placed which can come off in 2 days time. If there is difficulty removing the bandage, soaking in a bath will help.

After the operation you will feel a bit sore and bruised, this is normal and usually regular paracetamol will suffice for pain relief.

## **Post-operative care:**

Some men find it uncomfortable to wash the penis in a shower for a while afterwards. A cup with warm salt water will work well as a bath. Use the antibiotic ointment supplied to place sparingly on the wound. The stitches may gap a bit in places, especially on the underside of the penis but this is nothing to worry about. Erections can be a nuisance but can be decreased by taking over the counter cold medication which contains phenylephrine or pseudo ephedrine e.g. Codral or Sudafed. Sexual intercourse should be avoided for 3-4 weeks to allow adequate wound healing. Swimming, light running and gym work can be commenced 2 weeks post-op but contact sports avoided for 3-4 weeks.

## **Follow up:**

A follow up appointment will be made within 4 weeks to check that all is well. Should you have any concerns feel free contact our practice.