

WHAT IS CIRCUMCISION?

Circumcision is a surgical procedure to remove the excess foreskin from the penis. Foreskin covers the head of a flaccid penis. When the penis is erect, the foreskin is pulled back.

During a circumcision procedure, the doctor cuts away a portion of the foreskin and reattaches the section that remains to create a shorter section of skin. Circumcision is an elective procedure most commonly performed on newborn males shortly after birth.

Adult Circumcision

Adult circumcision, while a simple surgical procedure, is typically only recommended when a man is experiencing recurrent health problems such as inflammation of the head of the penis and difficulty retracting the foreskin. Circumcision in adults can be performed for cosmetic purposes as well.

Adult Circumcision

A PATIENT'S GUIDE



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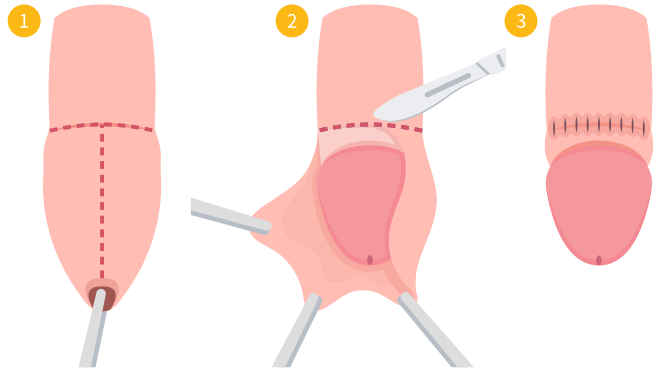
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How the Circumcision Surgery is Performed

The circumcision surgery usually takes between 30 minutes to one hour and is performed as an outpatient procedure in an ambulatory surgery center.

- An anesthesiologist will administer medication to help sedate you. Depending on your preferences, you may receive general anesthesia or localized anesthesia.
- During the procedure, the urologist will move the foreskin away from the head of the penis and then back onto the shaft. The doctor will carefully measure the amount of skin to be removed before making the incision.
- The skin will then be cauterized or stitched to the shaft of the penis with dissolvable sutures.
- Finally, the penis is wrapped in a protective dressing and you will be brought to the recovery area before being discharged home.



Post-Surgical Care

- Pain from adult circumcision is typically mild. Over-the-counter pain relievers are usually sufficient to ease any discomfort. You may also be prescribed an antibiotic to prevent infection.
- Wear comfortable but supportive underwear that can hold the head of the penis toward the belly button lying flat. Loose-fitting underwear allows for too much movement which can increase swelling and pain.
- Walking following your procedure promotes healing. Keep any movement low-impact and slow at first.
- You may shower after your dressing is removed, usually two to three days following surgery. When showering, be careful not to wipe the incision with a washcloth or towel. Use only unscented soap or shower gel to avoid irritation. Pat dry the area around the penis gently.

Recovery – What to Expect After Your Circumcision

- Swelling and bruising on and around the penis are to be expected following your procedure. Apply ice packs to the groin area for 10 to 20-minute intervals every two hours as needed.
- During the first several days of your recovery, make sure the dressings around the penis stay clean and dry to reduce the risk of infection. You may be scheduled for a follow-up appointment two to three days following your procedure to have the dressings changed and the incision site checked.
- Full recovery from adult circumcision typically takes two to three weeks. Your urologist may recommend limited activity for the first week or two following surgery, with a return to normal activities within three to four weeks.
- Refrain from sexual activity for four to six weeks after your circumcision. Your provider will guide you on a more exact recovery time line based on how you are healing.

Risks of Adult Circumcision

The most common risks associated with adult circumcision include:

- Bleeding
- Infection
- Reactions to anesthesia such as nausea, vomiting, and headache
- Foreskin issues and improper healing of the incision
- Reattachment of the foreskin to the penis

If you experience any of these symptoms, call your provider's office immediately.

