

Patient Information

Day Surgery Unit

Circumcision

Information for Adult Patients following circumcision

A circumcision is an operation where the foreskin is surgically removed

Following the operation

You may have the operation under a general anaesthetic when you will be asleep for the procedure or under a local anaesthetic when you will be awake, but have an injection to make the area numb.

If you have a general anaesthetic once you are awake you will return to the ward where a nurse will check your wound and encourage you to sleep off the anaesthetic. You will remain on the ward for a minimum of one hour to allow you to recover from the anaesthetic.

If you have a local anaesthetic you will again return to the ward and a nurse will check your wound. You will be kept for a short while.

On discharge

Before you can be discharged both surgeon and anaesthetist must have agreed to let you home.

A letter will be sent to your GP explaining the operation you have had and detailing any medication you may have been prescribed.

If you require an out-patients appointment you will receive it by post.

If you have any queries please ask the nursing staff.

Going home

General anaesthetic

- If you have had a general anaesthetic a responsible adult must collect you from the ward when you are ready to be discharged.
- You will not be allowed to go home unaccompanied
- You should arrange for someone to stay with you for 24 hours following your operation

At home

On your return home you may eat and drink as normal. Please drink plenty of fluids to help you pass water.



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Pain Relief

Once the anaesthetic starts to wear off, over the counter pain killers such "as Paracetamol based products (e.g. Paracetamol, Panadol, Paracodol etc.), should be taken to alleviate any pain or discomfort you are suffering. It is advisable not to take Aspirin based pain killers as this may increase the risk of further bruising. If however, you take Aspirin as routine medication, it is advisable to contact your GP regarding its continuation.

Always follow the instructions on medicines carefully

Passing water

If you do not pass urine within 8 hours of the operation, or feel the need to and cannot, try a tepid bath. If this fails, then please contact your GP. However, before you try to pass water ensure you are pain free or as comfortable as possible, any discomfort could mean you may have difficulties passing urine.

Your wound

- You will have stitches in your wound. These are self dissolving and will fall out on their own
- It is normal for your penis to be red and swollen for about 7-10 days following the operation

If however your wound:

- Begins to swell even more
- Starts to smell
- Discharges secretions or bleeds

Please contact your GP immediately

If you have any concerns contact your GP.

Bathing

Please ensure you have daily baths for 7-10 days following your operation but please ensure your wound is dried thoroughly, as if wet, there may be an increased risk of wound infection. **Do not use talcum powder on your wound.**

Wear loose clothing for example: pyjamas, tracksuit bottoms for the first few days. It is advisable to try and avoid wearing underwear, do so until you feel comfortable enough to resume wearing them.

Returning to work

It is advisable especially if your work is heavy (manual, driving) to stay off work for at least one week.

Intercourse

It is advisable not to have sexual intercourse for at least 7 days and then only when it is comfortable to do so. It is also advisable to wear a condom during intercourse for at least one month until all the wounds are properly healed.

Convalescence

You may feel tired or "washed out" once you reach home. This may last a few days. You must be prepared to recover from your operation at your own speed.

Patient Information

If you require any further information do not hesitate to contact the Surgical Day Unit on 024 7696 6868 or 024 7696 4000. Extension 26868

If you have any concerns contact your GP

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 6868 and we will do our best to meet your needs.

The Trust operates a smoke free policy

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Department	Day Surgery Unit
Contact Tel	26868
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