

ADULT CIRCUMCISION

Circumcision is the surgical removal of the foreskin, the tissue covering the head of the penis.

During a circumcision the foreskin is freed from the head of the penis (glans), and the excess

foreskin is clipped off. Adult circumcision usually takes about 30 minutes to 1 hour.

The circumcision generally heals in 7 to 10 days.

There is evidence that circumcision has health benefits, including:

- A decreased risk of urinary tract infections
- A reduced risk of sexually transmitted diseases in men
- Prevention of balanitis (inflammation of the glans)
- Protection against penile cancer and reduced risk of cancer of cervix in female sex partner

Like any surgical procedure, there are risks associated with circumcision. However, this risk is low.

Problems associated with circumcision include:

- Hematoma or bruising that can go down into the scrotum
- Swelling
- Pain
- Risk of bleeding and infection at the site of circumcision
- Irritation on the head of penis (glans)
- Increased risk of inflammation of the opening of the penis (urethra)
- Risk of injury to the penis

PRE-OPERATIVE INSTRUCTIONS:

- Do not take ibuprofen, aspirin, fish oil, vitamin E, Coumadin, Celebrex, or any drug that can thin your blood starting 5 days before your surgery. Please review your medications with your doctor's nurse prior to surgery.
- Do not drink any alcohol for 24 hrs prior to the operation as it can dehydrate you and may reduce the effectiveness of the local anesthetics.
- Do not eat or drink after midnight on the night before your surgery. This also includes no chewing of gum and candy. The pre-operative nurse from the hospital will call you the day before and will review all pre-operative instructions with you.
- A provider from Anesthesia Associates will call you a day or two prior to surgery to go over your medical history with you. Please have your medication list available to review with them.
- On the morning of the circumcision ensure that you take a good bath or shower and pay particular attention to the genitals. Retract your foreskin as far as you can and clean well under it.
- This is an outpatient procedure, so you will go home the same day of surgery. You will need to have someone available to drive you home.

