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 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 sexual transmitted disease 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 of the head of penis (glans)
* Increased risk of inflammation of the opening of the penis (urethra)
* Risk of injury to the penis

**Pre-operative instruction**

* 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 medication with your doctor’s nurse prior to surgery.
* Do not drink any alcohol for 24 hours 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 include 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 instruction 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.
* Do not bring any jewelry or valuables to the hospital. You will need to bring a picture ID like your driver’s license or your military ID card and your insurance card.
* Please wear comfortable clothing and wear supportive under garments such as some form of briefs.

**Post-operative instructions:**

* Your suture are dissolvable and will dissolve 5 to 10 days.
* You will go home in a compression dressing. This dressing helps reduce the swelling by applying pressure to the penis. The tip of the penis is exposed permitting you to urinate, do not be surprised if your urine tends to spray instead of forming a neat stream for the first few days. This is a natural result of the swelling and will correct itself as the swelling subsides.
* For the first 24-48 hours it is advisable to keep the penis level with the heart (lay down and relax). This will help reduce swelling and bruising, when the anesthetic agents wear off, be prepared for a burning and tingling sensation. You will be provided with prescription pain medication for your discomfort.
* You may shower 24hours after surgery but you must keep your dressing dry. A condom is the way to achieve this so you can shower.
* You will be asked to remove your dressing on the 3 day after surgery. Usually you can find the end of the bandage and just unwrap the elastic compression bandage. You may also be able to simple unwrap the gauze bandage. However, if this is difficult you can soak the bandages in warm water to help loose them. Then unwrap the penis. Once unwrapped be prepared for your penis to look sore, very bruised and irritated. You may notice more bruising a day after you take the dressing off.
* The penis may develop a yellow film in 1-2 days after the dressing is removed. This is normal healing process as long as there is no odor or excessive swelling of the penis do not removed this film, it will come off on its own.
* You will be given a prescription for Bacitracin ointment, please apply to surgical area at least twice a day. You may apply it more often to prevent your under garments from adhering to surgical area.
* After the compression dressing is removed most newly circumcised men find night time erections the biggest problem. The dissolvable sutures are stretched during the erections, which can be rather painful. The pain usually wakes you and you will usually immediately soften in response to pain. You may find it useful to either pull your knees up to your chest or to get out of bed and stand momentarily while the erection subsides. Also, sleeping on your side in the fetal position can reduce the night time erections. These night time erections will not cause any damage to your newly circumcised penis, but they are bothersome.
* You may apply ice to your circumcision site for 24-48 hours after surgery. A frozen bag of peas makes a very good ice pack, apply for 15 to 30 minutes 3 to 4 times a day. This will help relieve the discomfort and reduce the swelling to this sensitive tissue.
* To allow for your circumcision site to heal completely you will be asked not to masturbate or have sexual relations for at least 30 days or sooner if this is ok’d by your surgeon.
* You will be given scripts for pain medication, antibiotic and stool softener prior to surgery. Your surgeon’s nurse will explain how and when these medications should be taken.
* You may resume your normal diet and home medications after surgery.

**Call your doctor if any of the following occur:**

* Severe pain not relieved with your pain medication
* A bad smell, excessive redness or swelling around your incision
* Heavy bleeding that does not stop after applying pressure for 15 minutes
* Temperature greater than 100.6
* Persistent nausea and vomiting
* Unable to urinate for over 8 hours
* Dizziness and fainting
* Contact your doctor if you have any questions or concern