

Circumcision

After-care:

- If you have a dressing this should be removed after 24 hours or before if it becomes soaked with urine. Do not worry if it falls off before this.
- Avoid getting the area wet for 48 hours.
- You should not swim for 2-3 weeks.
- Any stitches will dissolve in 2-6 weeks.
- Wear loose clothing for a few days.
- You may use Vaseline on the glans penis to prevent scabbing and reduce discomfort.
- Refrain from any sexual activity (intercourse or masturbation) for 4 weeks, or until the wound is fully healed. You will continue to get erections as normal.
 - When you resume sexual activity, you may find it helpful to use a hypoallergenic silicone-based lubricant, especially in the early weeks after your procedure.
- Avoid smoking to aid wound healing.

Normal recovery:

- **Swelling/bruising** – this usually lasts up to 14 days.
- **Increased sensitivity of the exposed glans penis** - this may last up to 3 weeks.
- **Permanent altered or reduced sensation of the glans penis.**
- **Pain/discomfort** – this can be eased by regular use of over-the-counter medications. Always follow the instructions on the leaflet.
- **Cosmetic appearance** – it can take up to 6 weeks to heal and settle in its final cosmetic appearance.
- After circumcision, any remaining skin will retract on its own – do not force retraction as this can cause bleeding and tears.
- **Erections** – will occur as usual, you may feel tightness and discomfort to begin with which will ease with time.
- **Ejaculation and fertility** – there should be no adverse impact on your fertility or ability to ejaculate.
- You may find that you experience of sex or masturbation is different, most men adapt to these changes and enjoy a healthy sex life.

Contact your GP, 111 or the Surgical Hub if you experience:

- Infection/discharge from the wound.
- Excessive or worsening bleeding from the wound.
- Excessive swelling which does not improve with time or is worsening.
- Severe or worsening pain.

Additional information:

https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Circumcision.pdf

Key Contact numbers

If you have any concerns, you can contact:

Your GP or 111

Surgical Hub (7am-7pm Monday-Friday) – 02921 826510 or 02921 826348