

# Circumcision

## What to expect

- **Pain** – Local anaesthetic will be administered at the time of surgery so ensure you are comfortable when you wake up. You will notice some discomfort as this wears off over a number of hours. You will be prescribed pain-killers to go home with. Some pain/discomfort is expected for up to six weeks.
- **Sutures** are absorbable and may in some cases take up to three months to fall off
- **Bleeding** from the wound is common for first few days but may take longer to resolve. You should try to leave the dressings in place for 24-48 hours or as instructed by your surgeon
- **Penile sensitivity** is common after this surgery and typically resolves within 6 weeks but may take longer in some cases
- **Swelling** – some swelling and redness is to be expected around the wound as it heals. This typically resolves within 6 weeks but may take longer in some cases

## Return to activity

- **Driving** – no driving for first 24 hours and until comfortable to do so
- **Work** – you will require some time off work. The duration will depend upon your occupation. You should plan to have at least one week off. You should discuss this with your surgeon *prior* to surgery to arrange a certificate
- **Lifting** – avoid heavy lifting or straining for at least 2 weeks after surgery to minimize chance of secondary bleeding
- **Activities** – walking is fine and encouraged after surgery. Strenuous activity including running, gym, golf, cycling and swimming should be avoided for 4 weeks
- **Sex** – avoid for 4-6 weeks

## Follow up schedule

- Routine follow up is conducted after 2-3 months to allow for healing

# When to go to emergency

- **Bleeding** that cannot be controlled with light compression
- **Progressive and expanding swelling of the wound** – may indicate bleeding
- **Unable to urinate** – this is uncommon
- **Fever, chills or shakes** – this may indicate infection