

WHO IS SUITABLE FOR CIRCUMCISION?



The decision to undergo circumcision is very personal decision and one that should be made with thorough consideration and consultation with your doctor.

Mentioned below are the medical reasons for circumcision:

Circumcision is recommended in men who:

- Have been diagnosed with phimosis – a condition where the skin is too narrow to retract

- Have been diagnosed with paraphimosis- a painful condition where the skin cannot be returned to its normal position after it has been pulled back

- Have been diagnosed with recurrent balanitis – an infection of the foreskin

WHAT ARE THE ADVANTAGES OF CIRCUMCISION?



Circumcision alleviates the painful symptoms resulting from phimosis, paraphimosis and balanitis

HOW IS CIRCUMCISION PERFORMED?



Circumcision is performed general anaesthesia for patient comfort but may be performed under local anaesthetic for frail patients

The procedure is meticulously performed, often taking up to 45 minutes to complete

The redundant foreskin is cut away and the skin is accurately sutured, to create a shorter section of skin

Dissolvable stitches are used to seal the wound

WHAT TO EXPECT AFTER CIRCUMCISION?



Circumcision is a day procedure, and in most cases light activities can be resumed the following day
Strenuous activity and sex should be avoided for 4

weeks

The most common side effects include bruising and swelling of the penis and painful or burning sensations with urination. These side effects may be present for up to 2-3 weeks

Nocturnal erections may be painful during the recovery phase

PROCEDURE OUTCOMES



Circumcision is an effective treatment for phimosis, paraphimosis and balanitis.

Whilst it is not common, some patients experience decrease a loss of some sensitivity in the penis, which can occasionally lead to difficulty in reaching orgasm

Your surgeon will conduct a thorough discussion about the expected outcomes and potential risks of this surgery

POST-OPERATIVE CARE INSTRUCTIONS



What to expect:

Local anaesthetic will be administered during the surgery, so that you are comfortable when you wake. This will wear off over a number of hours, so you may notice some discomfort. You will be prescribed pain medications. Some pain/discomfort is expected for around 6 weeks

Bleeding will likely be present from the wound for at least a few days, but may take longer to resolve. Try to leave the dressings in place for 24-48 hours or as advised by your surgeon

Penile sensitivity is common following surgery and usually resolves within 6 weeks, but may take longer

Some swelling and redness is to be expected around the wound as it heals. This typically resolves in 6 weeks but may take longer in some cases

Suture material is dissolvable and in some cases take up to three months to fall off.

Return to activity:

Driving – no driving for at least 24 hours and until you're comfortable to do so

Work – you will require some time off work; the duration will depend on your occupation. You should plan to have at least one week off

Lifting – avoid heavy lifting for 2 weeks following your procedure to minimize secondary bleeding

Activities – walking is fine and encouraged following your procedure, however you should avoid strenuous activity for 4 weeks following your procedure

Sex – avoid for 4-6 weeks.

Pain Management:

You may take your prescribed pain medications, or ibuprofen or paracetamol if you are experiencing discomfort.

Head to your nearest hospital emergency department if you have:

Severe bleeding that cannot be controlled with light compression

Progressive and expanding swelling of the wound (this may indicate bleeding)

Inability to urinate (this is uncommon)

Fevers, chills or shakes (may indicate infection).

Follow-Up Information:

Our rooms will arrange a follow-up appointment with your urologist typically 6-8 weeks after your procedure

Your follow-up appointment is on:

_____ at _____.

Contact Information:

If you have any questions or concerns that are not addressed here or in the procedure information available on our website melbourneurologycentre.com.au contact our rooms on 1300 702 811 or [\[email protected\]](#)

Post-Operative information for this procedure can be found here: [Circumcision Post-Operative Care Instructions](#)

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European Association of Urology, (2021), Circumcision, [<https://patients.uroweb.org/treatments/circumcision/>], accessed 27/02/21.