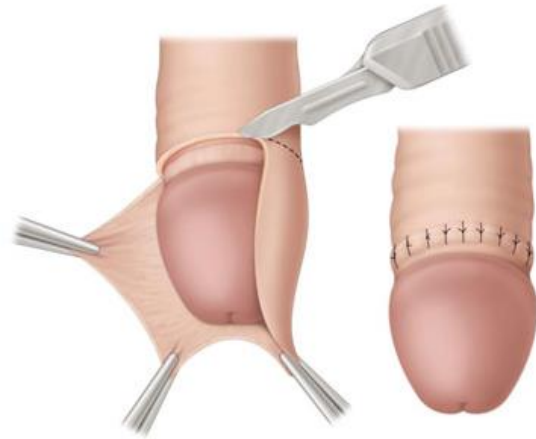


Adult circumcision

Anatomy

The foreskin is the skin that surrounds the tip of the head of the penis. It is the mobile and retractable skin that envelops the head. Depending on the individual, the foreskin may be longer or shorter.

Circumcision involves removing the foreskin to expose the head of the penis. At the incision site, the edges of the skin are brought together with melting stitches. The procedure is performed under regional anesthesia with sedation or general anesthesia.



Post-operative instructions

Often the penis may swell or bruise at first, but this usually disappears within two weeks. A slight oozing of blood may occur at the incision during the first 48 hours. Normally, the bleeding will stop if you press firmly on the bleeding area with a clean gauze or paper tissue for 10 minutes. In rare cases, bleeding or infection may occur after the procedure and require medical attention.

There may be abrasions on the head of the penis due to severe adhesions. Scabs may form in this area, and will heal naturally.

You can urinate normally after circumcision.

Hygiene

Bathing is permitted after 48 hours and makes it easier to remove the dressing. If the dressing falls off before this time, do not re-do it. After the dressing is removed, it is important to maintain good daily hygiene.

The urologist may ask you to apply a greasy substance to the incision (e.g. Vaseline), to reduce friction and discomfort. Stitches do not need to be removed; they will fall out on their own.

Pain

After the operation, pain can usually be controlled with acetaminophen 325 mg, 1 to 2 tablets every 4 to 6 hours. The head will be tender for a few weeks after surgery.

Friction from your clothes can cause pain, so wear comfortable clothing and undergarments.

Physical efforts

- Avoid exertion or activities that cause pain for 48 hours, and resume normal activities after 1 week. Major physical exertion, such as sports or lifting more than 10 pounds, should be avoided for 1 month. Time off work varies according to the occupation, from 48 hours to several weeks.
- It is normal to experience painful erections during the day or night; this is a temporary situation. It is advisable to wait 1 month before resuming sexual relations and masturbation.

Nutrition and hydration

Resume eating when you get home. Generally, you can eat normally after surgery. Start with light meals and adjust as tolerated. Nausea is possible after anesthesia. Stay well hydrated.

Complication

Contact the **urology outpatient clinic** if you have any signs of infection:

- Intense redness of the wound
- Purulent discharge
- Increasing pain
- Foul-smelling secretions
- Warmth of the skin around the wound or significant increase in swelling.

Consult the **emergency** if you develop a fever (38.5°C or 101°F) for more than 48 hours after surgery.

For all other questions, please contact one of the following resources:

Info Santé (at any time): 811

Urology outpatient clinic at Cité de la Santé : 450-975-5913, ext. 2

(open from Monday to Friday)