

*CIRCUMCISION
PATIENT
INFORMATION*

The information contained in this booklet is intended to assist you in understanding your proposed surgery. Some of the information may or may not apply to you. Please bring this book with you to hospital as it is a useful guide. Feel free to discuss any issues and questions you may have about your surgery with the medical and nursing staff looking after you.

What is a Circumcision?

A circumcision is a surgical procedure in which the foreskin of the penis is removed.

The reasons for having a Circumcision may be because of:

- a tight or narrowed foreskin
- recurrent infections in the foreskin
- an inability to retract the foreskin
- cultural or religious reasons
- cancer of the foreskin or penis

A Circumcision involves a small incision around the end of the penis to remove the foreskin. It takes 30 to 45 minutes and is performed under general or local anaesthetic. It requires only a small dressing afterwards and the sutures dissolve over a period of three to four weeks.

Length of Stay

Circumcision is generally minor surgery and involves a short hospital day stay of three to four hours or overnight.

Potential Complications

Complications are rare but may include:

- bleeding from the incision site
- pain, particularly on erection
- bruising and swelling which may take four to six weeks to resolve
- injury to or narrowing of the urethra at the tip of the penis
- infection, though uncommon, and this usually settles down with the help of antibiotics in a week or two

Before Surgery

Who is available to help?

Medical staff

Your surgeon will explain the reason for the Circumcision and the risks associated with the surgery.

Nurses

A nurse will explain what to expect before and after surgery. Please ask questions and express your concerns - your family or people close to you are welcome to be involved.

Tests

1 Blood samples

A sample of blood may be sent to the laboratory to check your general health before surgery.

2 Midstream urine

A sample of your urine may be sent to the laboratory to check for the presence of infection before surgery.

3 ECG

An electrocardiogram of your heart may be required depending on your age and any diagnosed heart abnormalities.

Other measures

Nil by mouth

As your stomach must be empty before an anaesthetic, you must not eat or drink anything for 6 hours prior to surgery. At Pre-Admission Clinic your nurse will inform you of the correct time to stop eating and drinking (nil by mouth).

After Surgery

You are transferred to the Recovery Room where your condition is monitored.

On the ward

Your nurse will check the following regularly:

- vital signs - your blood pressure, pulse, respiration rate and temperature
- the severity and location of any pain or discomfort
- the wound site
- the amount of oxygen in your blood

You may have

Intravenous fluids

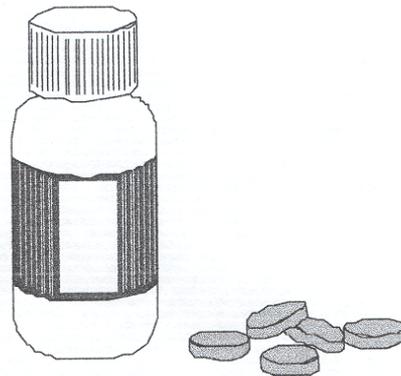
A small tube is placed into a vein at the beginning of your operation and may be used to give you fluids and medications as required. This tube can be placed in any vein, usually in the forearm. This is removed when you are drinking normally.

Pain relief after your surgery

Paracetamol or Panadol is usually sufficient to relieve any pain. As you will normally be able to eat and drink immediately after this surgery you may have the tablets orally.

Comfort cares after your surgery

You will be able to mobilise fairly soon after your surgery. Medications are available for the relief of nausea and vomiting, if they occur.



Food and fluids

After your surgery you will be able to eat and drink as normal.

Discharge Advice

- Loose clothing should be worn both to the hospital and after surgery.
- If there is a dressing on the penis, this should be soaked off in the bath or shower the next day – there may be some bleeding when the dressing comes off.
- The penis may look red and swollen for up to two weeks.
- Wear supportive underwear with the penis in an upright position for about a week. This prevents swelling and is also a comfort measure.
- Shower and check the wound daily. Keep the wound clean and dry and avoid frequent touching of the area.
- Dissolvable sutures are used and will not need to be removed. These should dissolve within three to four weeks.
- You may get a painful erection at night. This may go down after you pass urine. If not, wrap some ice and place it on the area for 10 minutes.
- Avoid strenuous exercise and sexual activity for four weeks.
- A black scab may appear within a week or 10 days after the surgery and is part of the natural healing process. The scab will fall off and normal skin will appear underneath. Do not try to remove this scab yourself as this will cause bleeding and delay healing.

Follow-up

Telephone call

If you have your Circumcision at the Day Surgical Unit at Green Lane Hospital, you will be contacted by a nurse the day after your surgery to check on your progress and to answer any questions you may have.

Discharge letter

You and your GP will receive a copy of a discharge letter outlining the treatment you received. This will be mailed to you if it is not completed by the time you leave hospital.

General Practitioner (Family doctor)

When you are discharged from hospital you will be under the care of your family doctor. You should contact your GP promptly if you:

- feel unwell, have loss of appetite or vomiting
- have a fever, shivering or chills
- are concerned about redness, tightness, swelling or oozing associated with your wound
- have difficulty passing urine.

3 References: Mosby's Genitourinary Disorders, Clinical Nursing, Mikel Gray 1992
Urological Nursing 3rd Edition, Urological Nursing' 2004
Campbell's Urology 7th Edition, Urology, 1998