

Circumcision (adult)

UR05 Lite - Expires end of January 2024



This fact sheet is for general information about this procedure only. It is not intended to be used as medical advice or to replace advice that your relevant healthcare professional would give you. If you have a particular medical problem, please consult a healthcare professional.

© EIDO Systems International Limited. The operation and treatment information in this document is published under license from EIDO Systems International and is protected by copyright laws. Other than for your personal, non-commercial use, you may not copy, print out, download or otherwise reproduce any of the information.

eidohealthcare.com



What is a circumcision?

A circumcision is an operation to remove your foreskin (the skin that covers the sensitive tip of your penis). You may have asked your surgeon to perform a circumcision for cultural or religious reasons. If your surgeon has suggested a circumcision for medical reasons this document will give you information about the benefits and risks to help you to make an informed decision.

Circumcisions are usually recommended only for the following medical reasons.

- Tightening of the foreskin.
- Balanitis xerotica obliterans (BXO), which is an uncommon condition where the foreskin becomes thickened and white.
- Pain during sex.
- Infections of the foreskin that keep coming back.

Are there any alternatives to a circumcision?

If BXO is suspected, a circumcision is the only dependable way to cure the condition.

For other conditions, a dorsal slit operation or a preputioplasty may be recommended. These operations involve widening the foreskin but not removing it.

What does the operation involve?

The operation is usually performed under a general anaesthetic but various anaesthetic techniques are possible. The operation usually takes about 30 minutes.

Your surgeon will remove the foreskin and seal off any small blood vessels. They will stitch the two edges of skin together.

How can I prepare myself for the operation?

If you smoke, stopping smoking now may reduce your risk of developing complications and will improve your long-term health.

Try to maintain a healthy weight. You have a higher risk of developing complications if you are

overweight. Regular exercise should help to prepare you for the operation, help you to recover and improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.

Speak to the healthcare team about any vaccinations you might need to reduce your risk of serious illness while you recover. When you come into hospital, practise social distancing and hand washing and wear a face covering when asked.

What complications can happen?

General complications of any operation

- Bleeding
- Infection of the surgical site (wound)
- Allergic reaction to the equipment, materials or medication
- Chest infection

Specific complications of this operation

- Not enough foreskin is removed
- Too much foreskin is removed
- Difficulty passing urine
- Developing an ulcer at the tip of your penis
- Narrowing of the opening of your urethra
- Damage to your urethra
- Reduced pleasure from sex
- Injury to the end of your penis

Consequences of this procedure

- Pain
- Unsightly scarring of your skin

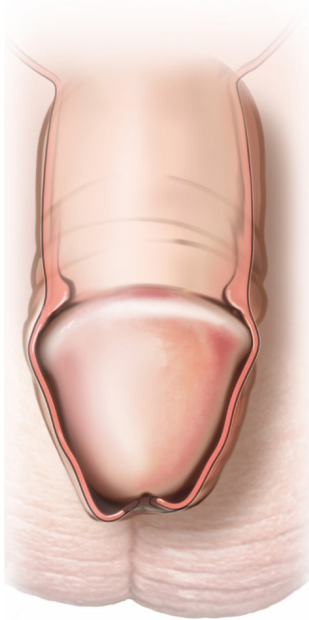
How soon will I recover?

You should be able to go home the same day or the day after.

Your penis will usually look swollen and bruised, and may feel sore for the first week.

Do not have sex for 3 weeks.

You should be able to return to work after a week to 10 days.



Before a circumcision
Cross section

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Summary

A circumcision is an operation to remove the foreskin.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you, and they may be able to tell you about any other suitable treatments options.

This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.

Acknowledgements

Reviewer

Richard McMullin (MBBS, FRACS)

Illustrator

Medical Illustration Copyright © Nucleus Medical Art. All rights reserved. www.nucleusinc.com