

Adult Circumcision

Circumcision

Circumcision is the surgical removal of the foreskin at the end of the penis.

A circumcision takes about 1 hour. It is an outpatient surgery. This means you will be able to go home the same day as the surgery.

It usually takes about 5 to 7 days to heal from surgery.

Benefits

The health benefits of a circumcision include:

- lower risk of getting a urinary tract infection
- lower risk of getting cancer of the penis (This is a rare cancer.)
- much lower risk of getting sexually transmitted diseases, including genital herpes, human papillomavirus (HPV) and syphilis
- much lower risk of getting HIV (the virus that causes AIDS)
- reduced risk of cervical cancer in sexual partners
- prevention of infections in the foreskin
- prevention of an uncommon condition that makes it impossible to retract (pull back) the foreskin (also known as phimosis)
- easier genital hygiene.

Risks

There are risks of complications (problems) from the procedure. Although they are not common, they include:

- bleeding
- infection
- cutting the foreskin too short or too long
- improper healing.

Talk with your health care provider about the benefits and risks of having a circumcision.

Before Surgery

- Arrange to have someone drive you home. You will not be able to drive after the surgery.
 - If you don't have someone to drive you home, your surgery will be canceled.
 - Do not drive the rest of the day.
- Tell your health care provider about all the medicines you take, including any prescription and over-the-counter medicines, herbals and vitamins.
- Ask that you get pain medicine. A circumcision is painful. Using a local anesthetic at the time of the surgery is safe and reduces both pain and stress.

(over)

During Surgery

- You will lie on your back during the surgery.
- The surgeon will clean the skin around the penis.
- You will receive an anesthetic. You may feel a sting from the needle.
- A special (sterile) clamp or device is placed over the head of the penis.
- The surgeon will remove the foreskin at the end of the penis using a sterile scalpel or scissors.

After Surgery

- You will be in the hospital for a number of hours to make sure you don't develop any bleeding.
- The surgery area will be red and swollen. This is normal.
- The tip of the penis will be covered with petroleum jelly and gauze.
- You will need to have someone drive you home.

Circumcision Care

Follow your doctor's advice about how to care for yourself after the surgery:

- Wash the penis with warm water after each time you urinate. Do not use soap. Gently pat dry with a freshly laundered towel.
- Apply petroleum jelly on the circumcised area. This helps prevent the scab from sticking to clothing.
- Wear loose-fitting briefs so there is less pressure on the penis while it heals.
- A yellowish-white film will appear on the tip of the penis until the healing is complete. Do not remove this. This is normal part of healing and it will go away on its own.
- Take mild pain medicines, such as acetaminophen (Tylenol®), ibuprofen (Advil®, Motrin®) or naproxen (Aleve®) as directed by your health care provider.

When To Call Your Health Care Provider

Problems with circumcision are rare. However, call your health care provider right away if you have:

- bleeding that doesn't stop
- new bleeding
- new or increased swelling
- foul-smelling drainage
- redness on the shaft of the penis
- redness at the tip of the penis that seems to be getting worse.

In addition, call your health care provider if you cannot urinate normally within 12 hours after the circumcision.