

Contact Numbers

Ward 4A – 0151 430 1420 or ring 0151 426 1600 and ask for ext. 1619

Ward 4B (Monday to Friday only) – 0151 430 1440 or ring 0151 426 1600 and ask for ext. 1624

Sanderson Suite
01744 646089
01744 646098

Further Information

www.baus.org

www.nhs.uk/conditions/circumcision-in-men/

<https://player.vimeo.com/video/350335503>

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthknhs  @sthk.nhs
www.sthk.nhs.uk



St Helens and Knowsley
Teaching Hospitals
NHS Trust

Circumcision

Post Operative Advice Leaflet

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供
Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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What is the evidence base for this information?

This publication includes advice from consensus panels, the British Association of Urological Surgeons, the Department of Health and evidence-based sources. It is, therefore, a reflection of best urological practice in the UK. It is intended to supplement any advice you may already have been given by your GP or other healthcare professionals. Alternative treatments are outlined below and can be discussed in more detail with your urologist or specialist nurse.

What does the procedure involve?

The procedure involves complete removal of the foreskin.

What are the alternatives to this procedure?

Drugs or creams to relieve inflammation and avoid circumcision.

What happens during the procedure?

Either a full general anaesthetic (where you will be asleep throughout the procedure) or a spinal anaesthetic (where you are awake but unable to feel anything from the waist down) will be used.

Driving after surgery

It is your responsibility to ensure that you are fit to drive following your surgery. You do not normally need to notify the DVLA unless you have a medical condition that will last for longer than 3 months after your surgery and may affect your ability to drive. You should, however, check with your insurance company before returning to driving. Your doctors will be happy to provide you with advice on request.

Contact Numbers

Who can I contact if I have a problem when I get home?

If you experience any problems related to your surgery or admission once you have been discharged home, please feel free to contact Sanderson Suite, Ward 4A or Ward 4B for advice from the nurse in charge.

They will assist you via the telephone, advise you to return to your GP, walk in or urgent care centre or ask you to make your way to the Emergency Department (ED) at Whiston Hospital depending upon the nature of your concern.

Alternatively, if you require urgent medical advice that is not an emergency please contact 111 or access this service online.

What can I expect when I get home continued...

- Any dressing should fall off within 24 hours; if it does not, or if it becomes soaked with urine, you should remove it
- Try to keep the area dry for 24 to 48 hours; avoid soaking in a bath
- Discomfort around the scar tissue; this will regain its normal elasticity within a few months
- You should not swim for two to three weeks, unless approved by your specialist
- Wear loose-fitting clothing for two to three days
- You will be given a copy of your discharge summary and a copy will also be sent to your GP
- Any antibiotics or other tablets you may need will be arranged and dispensed from the hospital pharmacy
- You will continue to get erections as normal after the procedure but you should refrain from any sexual activity (intercourse or masturbation) for four weeks
- When you first get erections, you may feel some tightness and discomfort around the scar
- You will be supplied with a scrotal support to reduce swelling, you should wear this for at least one week.

All methods minimise pain; your anaesthetist will explain the pros and cons of each type of anaesthetic to you.

Local anaesthetic is also injected into the base of the penis to aid pain control after the operation; this can be used as the sole form of anaesthesia in some patients. All methods minimise post-operative pain.

The entire foreskin will be removed using an incision just behind the head of the penis. This leaves the head of the penis completely exposed with no redundant skin.

What happens immediately after the procedure?

In general terms, you should expect to be told how the procedure went and you should:

- Ask if what was planned to be done was achieved
- Let the medical staff know if you are in any discomfort
- Ask what you can and cannot do
- Feel free to ask any questions or discuss any concerns with the ward staff and members of the surgical team
- Ensure that you are clear about what has been done and what is the next move.

Are there any side-effects?

Most procedures have a potential for side-effects.

You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems after a urological procedure.

Common (greater than 1 in 10)

- Swelling of the penis lasting several days

Occasional (between 1 in 10 and 1 in 50)

- Bleeding of the wound occasionally needing a further procedure
- Infection of the incision requiring further treatment and/or casualty visit
- Permanent altered or reduced sensation in the head of the penis
- Persistence of the absorbable stitches after 3-4 weeks, requiring removal

Rare (less than 1 in 50)

- Scar tenderness

- Failure to be completely satisfied with the cosmetic result
- Occasional need for removal of excessive skin at a later date.
- Permission for biopsy of abnormal area on the head of the penis if malignancy is a concern

What can I expect when I get home?

- You will get some swelling and bruising of the penis which may last several days
- It can take up to six weeks before the penis returns to its final cosmetic appearance
- The exposed glans penis will feel very sensitive for the first two weeks
- Once the hypersensitivity has settled, your penis will feel a little less sensitive than before the operation
- The exposed glans may dry out and scab over; applying a little vaseline will help this and can also help decrease the sensitivity after the operation
- All your stitches will dissolve, usually within two to three weeks
- Simple painkillers such as paracetamol are helpful if you have any discomfort. Always read the label.