

## What are the potential risks and complications?

### These are unusual but include:

- **Excessive bleeding or swelling.** Some bleeding and bruising is to be expected following surgery. However, as the penis has an extensive blood supply, heavier bleeding may occur. If your wound starts to bleed, apply gentle pressure and seek medical assistance.
- **Infection** is a risk following any surgery. Ensure the area is kept clean and dry and avoid tight clothing. If your wound becomes very red or swollen, or starts producing a yellowish discharge, contact the Day Surgery Unit or your own GP for advice.
- **Altered sensation.** Some alteration in sensation during sexual activity is a normal consequence of surgery to the foreskin.

## Will I need a follow-up appointment?

You may be sent an appointment in Outpatients but this is not always necessary, you will be notified before leaving the unit.

## Reference source(s):

Mr J Davies, Consultant, RSCH.

## In an emergency

If you are very concerned, you may contact the surgical team for advice by ringing the hospital switchboard on **01483 571122** and asking to speak to 'the Urology surgeon on call'.

**These notes will not cover everything. If you want to know more, please ask.**

## Contact details

If you require further advice, please do not hesitate to contact the Day Surgery Unit.

### Surgical Short Stay Unit

Telephone: 01483 406828.

### Day Surgery Unit

Telephone: 01483406783

Monday–Friday, 8am–6pm

### Out of hours advice:

Call 111 (formerly NHS Direct)

[www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

## PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

**Telephone:** 01483 402757

**Email:** [rsc-tr.pals@nhs.net](mailto:rsc-tr.pals@nhs.net)

**Opening hours:** 9.00am–3.00pm  
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Past review date: April 2016

Future review date: April 2019

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**PIN151215–1110**



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# Circumcision



Day Surgery Unit

## What is a Circumcision?

Circumcision is a surgical procedure that involves the removal of the foreskin (prepuce).

## Why is it required?

There are a number of reasons for having a circumcision or dorsal slit, including:

- **Phimosis:** In phimosis (foreskin Contraction), the opening of the foreskin is narrowed, preventing retraction.
- **Paraphimosis:** the foreskin gets stuck in the retracted position, forming a tight band around the glans, causing swelling and severe pain. Doctors can sometimes treat this condition by gently squeezing the trapped glans until the foreskin is able to slide over it. Circumcision is sometimes necessary.
- **Balanitis and Balanoposthitis** are infections and swelling of the penis. Balanitis affects the foreskin and Balanoposthitis affects the head of the penis. Both conditions are more common in people who have diabetes. After passing urine, small amounts may remain under the foreskin, causing infection. Recurrent balanitis can lead to scarring and phimosis.
- **Cancer of the Penis:** Although very rare it often starts on the foreskin. Circumcision is sometimes performed.

## Are there any alternatives?

Dorsal Slit which involves cutting a slit along the top of the foreskin rather than removing

the foreskin usually performed only in emergency situations.

## What will happen after my surgery?

### **Wound care**

Dissolvable stitches are usually used to close up the wound and may take 2-3 weeks to dissolve.

On return to the ward you will have a dressing covering the wound. You may soak off the dressing the next day in a warm bath, but ensure that you keep the wound clean and dry for about a week following surgery. Do not use any perfumed soaps, as these may irritate the wound for the next 7 days.

### **Bleeding**

You may notice some oozing following surgery. However, this should settle down over the next few days. There will also be some bruising and/or minor swelling which will settle down in a few days. If you are concerned, contact the Day Surgery Unit for advice, for heavy bleeding go to A&E

### **Will the procedure hurt?**

The surgeons will inject local anaesthetic around the operation site, keeping pain to a minimum for up to 6 hours after your surgery. You will be given painkillers while on the Unit to ensure you are as comfortable as possible. You will also be given painkillers to take home. These will carry a prescription charge unless you are exempt. It is advisable to take your first dose before the local anaesthetic wears off, the nursing staff will advise you of when this will be needed.

Circumcision exposes the sensitive skin of the glans. The penis will be red and swollen for a few days. You may find it comfortable to wear loose clothing for a while. Vaseline can be put on the area to help reduce irritation.

Any discomfort will gradually improve after a couple of days. However, some twinges may be felt for up to a month; this is quite normal.

### **Activities and exercise**

It is advisable to refrain from strenuous activities for four or five days following surgery. Avoid contact sports for the same period.

### **Sexual activity**

You may resume sexual activities as soon as your stitches have dissolved and you feel comfortable. Erections may be painful while you are healing and should be avoided if possible. Occasionally a stitch can 'pop' during an erection. This usually heals without the need for further stitches, any problems contact your GP.

### **Work**

You are strongly advised to take at least 48 hours off work following your surgery. You may return to work when you can perform your job comfortably this may take up to 1 week.

The Unit can provide you with a doctor's certificate if required.

### **Driving**

Do not drive for at least 48 hours following your surgery. You may drive when you can perform an emergency stop safely and comfortably.