

Patient Information

Circumcision

Department of Urology

What is a circumcision?

An operation to remove the foreskin leaving the head or glans of the penis exposed. This is normally done if the foreskin has become tight making it difficult to pull back and wash underneath, painful when having sexual intercourse or the skin becomes broken and sore.

What are the benefits of this operation?

Allows cleaning around the glans reducing the risk of infection.
Resolves the problem of pain and discomfort you may have had due to the foreskin being tight.

What happens before my operation?

A week before your operation you will be asked to attend a pre-admission clinic. This is to ensure that you are fit to have your operation. You will be seen by a doctor who will discuss the operation with you. If you are happy to go ahead with the operation, you will be asked to sign a consent form.

You will be admitted on the day of your operation. You will be asked to shower and put on a gown. A nurse from the ward will accompany you to theatre where you will be given a local or general anaesthetic.

What does the operation involve?

The operation can be done under a local (numbs the area) or general anaesthetic (put to sleep) or spinal (numbed from the waist down). The operation takes about 20-30 minutes. The foreskin is removed and the remaining skin is stitched to the base of the glans.

- **General/Spinal Anaesthetic** - You will be asked not to eat or drink any non clear fluids, such as soup, milk etc, for 6 hours before your operation. You can have clear fluids (water/squash) up to 2 hours before your operation. After this you will be asked not to drink anything further. **If you are an insulin dependent diabetic, you will need special instruction, please discuss this with your nurse.**
- **Local Anaesthetic** – You will be able to eat and drink normally.

You will be advised which of your regular medications (tablets) you should or should not take before your operation. **Please ask if you are not advised.**

What are the risks?

Occasional The area where the stitches are may bleed or get infected requiring further treatment
 Permanent altered or reduced sensation of the penis
 Persistence of absorbable stitches after 3-4 weeks requiring removal

Rare Scar tenderness, rarely long term
 You may not be completely cosmetically satisfied
 Need for removal of excess skin at a later date
 Permission for biopsy of abnormal area on glans if malignancy (cancer) is a concern

Do I have to stay in hospital overnight?

No. The operation is usually done as a day case but you will need to arrange for someone to collect you and be with you for 24 hours after your operation, if your operation is done under a general anaesthetic.

Will it be painful afterwards?

You may feel some pain/discomfort for the first few days. This can usually be controlled with painkillers. If you have a spinal you will need to wait until the sensation returns to your legs. Make sure someone is with you when you first get up.

When do the stitches have to come out?

The stitches dissolve after about 2 weeks so you do not have to have them removed.

Will I need any follow up?

If you need a follow up appointment, you will be told of this before you leave.

Discharge Information

- You can eat and drink normally.
- You should avoid any activities/exercise where you are likely to knock the penis.
- Wear supportive underpants for the first 2-3 weeks, this will help reduce swelling.
- Keep the area clean. You can shower/bath after 2-3 days but pat dry, do not rub, until the wound has healed completely. The dressing can be soaked off at this time, there is no need to apply another unless you feel more comfortable with one.
- Sexually active men should avoid sexual intercourse for 3-4 weeks until the skin is completely healed. You may notice some bleeding and sensitivity initially. If sexual activity/erections are painful, you may need to wait a little longer for things to heal. If discomfort/bleeding persist, you should call the hospital or see your GP.
- You can drive whenever you feel comfortable to do so.
- You can return to work when you feel comfortable to do so, normally a week. If your work involves heavy lifting/manual work you may need more time off. Discuss this with your nurse/doctor before you are discharged.
- If you develop a temperature or feel unwell, your wound becomes red, tender/hot to touch or is discharging fluid/pus, contact the ward or your GP for advice.

If you have any questions or concerns, please find below contact numbers for the Urology wards and Urology nurses:-

Urology Wards

D 5 West on:- 01633 – 234040 / 234041 (24 hours)

D 5 East on:- 01633 – 234104 (24 hours)

Urology Day ward on:-
Tel. No:- 01633 – 656378 / 656377
Monday – Friday office hours

Urology Outpatient Department on:-
Tel. No:- 01633 – 234979
Monday – Friday office hours

Janet Marty, Urology Nurse Specialist on:-
Tel. No:- 01633 – 656143
Monday – Friday office hours

Maureen Hunter, Urology Nurse Practitioner on:-
Tel. No:- 01633 – 234758
Monday – Friday office hours

Julie Simpson, Uro-oncology Nurse Specialist on:-
Tel. No:- 01633 – 238976 / 01873 - 732081

Stef Young, Pre-admission Nurse Practitioner on:-
Tel. No:- 01633 – 234533
Monday – Friday office hours

Reference:

British Association of Urological Surgeons (2004) Procedure Specific Consent Forms for Urological Surgery

Tanagho E A McAninch J W 2003. Smiths General Urology