



Royal Berkshire
NHS Foundation Trust

Advice following circumcision

Adult Day Surgery Unit

This leaflet gives advice to aid your recovery following your procedure on the Adult Day Surgery Unit (ADSU).

What is a circumcision?

A circumcision is the surgical removal of the foreskin from the penis, and is a surgical treatment for conditions such as:

- **Phimosis:** The inability to retract the foreskin back over the tip of the penis.
- **Paraphimosis:** Swelling of a retracted foreskin and the inability to pull it forward over the penis.
- **Balanitis:** Inflammation of the foreskin and penis as a result of infection.

After the operation

- Your foreskin has been removed and stitches applied around the base of the glans (head of the penis).
- You will need to rest for 48 hours after your operation.
- A gauze dressing soaked in Vaseline has been applied to the stitch line and a dry dressing/pad placed over the wound to absorb any discharge. This will be removed before you are discharged home.
- To aid healing, you will be supplied with pads to use at home, following your operation. Use them as instructed by the nurse.
- You have dissolvable stitches. These may take 4-6 weeks to dissolve.
- A small amount of bleeding on the day of the operation and on the following day is normal. If the bleeding persists:
 - Apply gentle pressure to the wound for 15 minutes.
 - Place an ice pack wrapped in a cloth on the wound.

- If you have a lot of bleeding, bleeding beneath the skin, an excessive amount of swelling, difficulty in passing urine or a discharge from the wound, contact your GP immediately.
- A small amount of swelling and/or bruising around the stitches is normal. Wearing supportive underwear (day and night) will help ease the swelling.

At home

- Please take a bath/shower 24 hours after your operation and a daily bath thereafter.
- You should allow _____ off work, depending on your type of job.
- You may need to stay off work for longer than this, depending on the healing process. Please make an appointment with your GP if this needs to be reviewed.
- Avoid heavy lifting for a further two weeks when you return to work.
- Please refrain from driving for three to five days after your operation. Please check with your motor insurance company prior to resuming driving.
- Once the wound is healed and the stitches dissolved, you may resume gentle sexual activity. This is usually two or three weeks after the operation.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622.

Opening hours are 7.30am to 10.00pm Monday-Friday. If you need help/advice outside these hours, please telephone Hopkins Ward on 0118 322 7771.

Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP or call 111.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

ADSU, January 2025

Next review due: January 2027