



**Royal Berkshire**  
NHS Foundation Trust

# **Advice following circumcision**

## **Adult Day Surgery Unit**

Compassionate

Aspirational

Resourceful

Excellent

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

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### **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, 7.30am to 4.00pm Saturday. 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](http://www.royalberkshire.nhs.uk)

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

ADSU, January 2023

Next review due: January 2025