

# Circumcision using local anaesthetic

**This leaflet explains what to expect before and after your circumcision (foreskin surgery) done using a local anaesthetic (you are awake but numb).**

## What is a circumcision?

A circumcision is an operation to remove 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 (drawn back) foreskin and the inability to pull it forward over the penis.
- **Balanitis:** Inflammation of the foreskin and penis, as a result of infection.

## Pre-op advice and what to expect beforehand:

Please shave the area around your penis.

Please bring supportive underwear (not loose boxers), which you will need to wear after the operation.

Please arrive at the time stated in your appointment letter.

You will be asked to undress below the waist for the procedure.

We can apply Emla cream to numb the area if you are nervous about an injection in such a sensitive part of the body.

The operation will take place on a trolley in the Urology Procedures Department.

You will get injections of local anaesthetic around the penis to numb the area, so you should not experience any discomfort during the procedure.

The operation usually takes between 40 and 45 minutes.

## After the operation

Your foreskin has been removed and dissolvable stitches applied below 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. We recommend you remove this dressing 2-3 hours after the operation or when you need to urinate (pee).

To aid healing, you will be supplied with dressing pads to use at home, following your operation. Use them as instructed by the nurse.

You have dissolvable stitches. These may take 3-4 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 or go to the nearest Emergency Department (A&E).**

We will give you a tube of an antibiotic eye ointment called chloramphenicol – please apply this ointment twice a day for 5-7 days (or until the tube runs out).

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 shower 24 hours after your operation and a daily thereafter.

We advise not to soak in the bath for 3-4 weeks as the stitches are dissolvable

You should allow 7 days off work, depending on your type of job. You may need to stay off work for longer than this, depending on the healing process and the type of work you do. Please make an appointment with your GP if you need advice on this.

Avoid heavy lifting for a further two weeks when you return to work.

Please refrain from driving for 3-5 days after your operation.

Once the wound is healed and the stitches dissolved, you may resume gentle sexual activity. This is usually 4-6 weeks after the operation.

## **During the first 24 hours following your discharge**

If you have any further concerns about your surgery, the Urology Procedures Department can be contacted for advice on weekdays between 8.30am – 4.30pm via the Urology Clinical Admin Team 0118 322 8629. If you need help/advice outside these hours, then either call your GP or NHS 111. For emergencies only, telephone the hospital switchboard on 0118 322 5111 and ask to speak to the on-call urology doctor for advice. If you have serious concerns, go to your nearest A&E.

After 24 hours, please seek advice from your GP.

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.**

RBFT Urology, November 2023

Next review due: November 2025