

Having a circumcision under local anaesthetic

Department of Urology

Information for Patients

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What is a circumcision?

Your doctor has recommended that you have a circumcision.

Circumcision is removal of your foreskin. Your circumcision is planned to be done under local anaesthetic. Local anaesthetic will be injected into the base of your penis, making it numb so that the circumcision can be done without you feeling any pain.

Your foreskin may be sent to the laboratory to be looked at under a microscope.

What are the benefits?

If your foreskin has been causing you problems, these will no longer occur, and there is less chance of infection on the glans (the part of the penis usually covered by the foreskin).

Are there any possible complications?

As with all procedures there are possible risks. These include:

- pain, bruising and bleeding. Your penis may become quite bruised and sore. The bruising should start to go down after a few days.
- wound infection which may need treatment with antibiotics.

You will have time to discuss any risks with the doctor and nursing staff before you consent to having this procedure.

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- **Any drugs, medicines or inhalers you are using.** Please take your necessary medication before attending. The pre-assessment nurse will advise you when you should take your medication.
- A contact number for your lift home.
- A dressing gown and slippers, if you have them.
- Bring something to do while you are waiting, such as a book or magazine to read.

What will happen while I am on the Day Case Unit?

You should come to the Day Case Unit and report to reception. Your details will be checked and you will be directed to the ward or the waiting room where a nurse will collect you.

Expect there to be a wait before your procedure.

The nurse will talk to you about your procedure and ask you a few questions.

You will meet one of the surgical team who will ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask your surgeon before you sign the form.

The nurse will tell you when to change into your theatre gown, and then take you to the operating theatre.

What happens after my procedure?

You will return to the ward and staff will make sure you are comfortable, and provide you with refreshments. If you have any discomfort or feel sick, please let the staff know so they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home.

Very occasionally, some patients may need to stay overnight. If your doctor or nurse feels that you need to stay overnight, they will explain the reason to you.

Wound care

Your wound will have dissolvable stitches (so they will not need to be removed). Your surgeon may also have put a gauze dressing over the wound, which may fall off after a few hours.

You should keep the wound dry for 48 hours, after which you can bath or shower as normal and you can remove the gauze if it has not already fallen off. After your bath or shower, gently rinse the wound with clean water, but do not rub the wound. Then carefully pat it dry with a clean towel. Wearing close-fitting underwear will help to support the wound.

Always keep the wound clean and dry. Do not be tempted to touch or pick the stitches. The healing process will take between 1 to 2 weeks, and the stitches can take up to 4 weeks to dissolve.

Bruising and slight redness around the wound is usual and will not affect healing. If you notice any increasing redness, swelling or discharge from the wound, contact the Day Case Unit for advice.

Further advice to follow

- **Pain:** you may have some pain after your procedure. You will need to buy some painkillers such as paracetamol. Ask a pharmacist if you need advice about this.
 - Take painkillers when the pain starts. Do not wait for it to get really bad.
 - Take painkillers before you go to sleep so you are able to rest.
 - If your pain is very bad take the painkillers regularly (4 times a day) so they keep your pain under control.
 - Take painkillers when you wake up, so they start working before you get out of bed.
 - Painkillers can cause constipation, so drink plenty of water and eat some foods high in fibre such as fruit, vegetables and cereals.
 - Everyone is different; do not be surprised if you are still having some pain for up to 2 weeks, this is quite normal.
- **Driving:** you must not drive for the rest of the day. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.
- **Work:** depending on your job, it is usual to return to work 2 to 3 days after surgery.
- **Sex:** avoid sexual activity until your wound is completely healed, which could be about 4 to 6 weeks after the procedure. You may notice altered sensation at the end of your penis. It may be more sensitive to start with, but become less sensitive as the skin heals.
- **Physical activity:** do not do too much too soon. It is usual to feel some aches and pains for a few days, and for up to 2 weeks. Avoid strenuous activity, contact sports and heavy lifting for at least 2 weeks.
- **Holidays:** flying too soon after a procedure can increase the chance of problems, and you may not be covered by your insurance. Please discuss this with your insurance company.

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