OMURAMBA day theatre

PATIENT INFORMATION

Circumcision

A procedure to remove the foreskin

What is it?

Circumcision is a procedure to remove the foreskin, the skin that covers the head of the penis. It is done under local anaesthesia (the area is numbed) or general anaesthesia, depending on age and preference, and the procedure itself usually takes about 30 minutes.

Why is it done?

- Medical reasons, such as a tight foreskin (phimosis) or repeated infections
- Cultural or religious reasons
- To reduce the risk of some infections. Medical male circumcision lowers, but does not remove, the risk of HIV in men, so condoms are still needed.

Before your procedure

- Your doctor will tell you whether you need to fast. This depends on the type of anaesthetic.
- Tell your doctor about all medicines, especially blood thinners.
- Bring loose, comfortable underwear and clothing.
- Arrange for a responsible adult to take you, or your child, home.

On the day

- Your doctor will explain the procedure and ask you to sign a consent form.
- Dissolvable stitches are usually used, so they do not need to be removed.

Afterwards

- Swelling, bruising and some discomfort are normal for a few days. Take pain relief as advised.
- Keep the area clean and dry, and follow the dressing and bathing instructions you are given.
- Stitches usually dissolve within 2 to 3 weeks.
- Adults should avoid sex and masturbation until fully healed, usually 4 to 6 weeks, or as your doctor advises.

Get medical help straight away if

Bleeding does not stop with gentle pressure, pain or swelling keeps getting worse, there is a high temperature, or you or your child cannot pass urine.

Questions about your procedure?

For more information about the specifics of your procedure, please call our reception on **083 323 8990** or email **reception@odt.com.na**.