

### **What is a Circumcision?**

Circumcision is a surgical removal of the skin covering the tip of the penis. Circumcision also prevents the risk of urinary tract infections and can also prevent foreskin problems, such as foreskin inflammation and foreskin tightness on the puberty age.

### **Preparation for the Circumcision Procedure**

- Must have enough sleep the night before the procedure.
- Do not take any kind of alcohol for at least 24 hours before the procedure.
- Pubic hair must be shaved.
- Must be wearing a snug fitting underwear.
- Make sure to eat prior on coming in to the clinic.
- Arrange for your ride. Driving is not allowed after the procedure.
- For out of town patients, please stay within the city vicinity for at least 1 day after the procedure; and please make sure to arrange a follow up appointment after 1 – 2 weeks time.

*\*\*If you have a job; regardless of what you do at your workplace, please be advised that you may need a day off for a couple of days or more.*

*If you are unable to take a time off at work, we are able to provide a medical note with a modified duties, for your safety recovery.*

### **Important matter:**

*The Physician who will perform the procedure has been doing this procedure for more than 16 years. Professional and licensed to perform the Circumcision Procedure. The Physician's Assistant has a professional etiquette, well trained and well experienced.*

- Videotaping/Photography and Social Media are not allowed.
- Topical and Local anaesthetic only provide a relief for 2-3 hours .
- The prescribed medication(s) should be taken as prescribed.
- For best result, please attend all of the required follow up appointments.
- The presence of yellowish – whitish layer is normal, it just a part of the healing process.
- Erection(s) may cause bleeding. Make sure to empty your bladder before going to bed and make sure that your room is warm to avoid erection(s) at night and/or in the morning. Heavy erection after the procedure may cause suture to open.
- If bleeding occurs, apply a firm pressure on the bleeding point with a clean gauze. Make sure that your hands and the gauze is clean when you apply the pressure.
- Please always have this guideline handy with you.

### **Circumcision Procedure**

- Upon arrival, empty your bladder.
- The Physician will apply the Topical Anaesthetic. After the application we will have to wait for 30 minutes – 1 hour before we start on to the procedure.
- The Physician will provide a local anaesthetic injection on the dorsal side of the penis .
- A Gomco or Mogran clamp will be placed on the penis and will have to leave it for about 5-10 minutes for the best result.
- Upon removing the Clamp, depends upon the case, the Physician may perform a cauterization.
- stitches will be performed as well. The stitch will fall out by itself and/or absorbed by the skin. No suture removal required.
- The Physician will do the dressing. Dressing includes sterile gauze and a white petroleum jelly.

### **Post-Circumcision Care**

*Please follow the instructions below for best result and for your own benefit:*

- ➔ Do not simulate. No sexual intercourse and/or any kind of activities that will involve your private area until it is fully healed.
- ➔ Tylenol extra strength should be taken every 4-6 hours for 3 days or as needed. And take the medication as prescribed.
- ➔ Must have a complete bed rest within the first 24 hours after the procedure.
- ➔ Avoid heavy physical activities and traveling for at least 10 days or until the pain and swelling is gone.
- ➔ Do not remove or touch the gauze in the next 20 - 24 hours or as per the Physician's recommendation.
- ➔ Within 20 – 24 hours after the procedure, apply warm water and remove the gauze.

**Once the gauze has been removed, follow the steps below for the dressing change for at least 3 times per day, for 2 weeks or until it is fully healed, and/or as per the Physician's recommendation.**

- Apply a thick layer of Betadine Cream on the private area, as needed.
- Apply a Vaseline on the gauze and use it to cover your private area.
- Do the Physician's recommendation on how to do the dressing.
- Clean your private area with a warm water only – no other product and no scrubbing.
- Always use a snug fitting underwear.

- ➔ *Please follow the Post Circumcision Care to avoid any risk and complications; for best result and for your own benefit.*
- ➔ *For any urgent and non urgent questions and/or concerns, please call or text us at the Circumcision Clinic Direct Line at 780 705 6743.*
- ➔ *For more information regarding the post circumcision care please visit:*  
<https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=ug3919>

