

# ASK WUSI

Medical Male Circumcision Post-Operative Care

Version 2

1 July 2014

All you need to know after getting circumcised



**MALE MEDICAL CIRCUMCISION  
POST-OPERATIVE CARE INSTRUCTIONS  
(Final Version 1/Aug 2011)**

**General**

- **Dressing (Bandage):** Remove your dressing (bandage) 24 hours (1 day) after your circumcision. If the dressing is stuck to the wound, soak in warm salt water and remove the dressing gently.
- **Clothing and Hygiene:** You should wear loose clean underwear and change it daily. It is recommended that you wash your genitals GENTLY twice a day with a weak salt water solution (two teaspoons of salt diluted in one cup of warm water). It is important to wash your hands every time before touching the wound; wash the wound with clean bare hands. For the first 2 weeks strap your penis in an upright position against your abdomen, using the tape provided or your underwear elastic.

**Problems to look out for, and how to approach them**

- **Bleeding after the operation:** You might see some blood through the dressing after your circumcision, but this is normal. If the bleeding continues after the operation, hold your penis in your hand as you were shown by the clinic nurse and squeeze the bleeding area, applying constant pressure for 10 – 15 minutes. Check to see if bleeding has stopped, if the bleeding continues continue squeezing and call the emergency number provided. Then go to your nearest Community Health Centre for a doctor to assess you.
- **Post Operative Pain:** It is normal to experience some pain after your circumcision as the pain injection wears off. After the operation you will be provided with pain medication. You should take the tablets as you were told by the clinician. If the pain is still excessive please contact your nearest Community Health Centre, or phone the emergency number for further advice.
- **Infection, discharge of pus, increased painful swelling, inability to pass urine or painful urination:** If any of the above occur please return to your nearest Community Health Centre for further treatment and review by a doctor.

**Very Important!!**

You must not have any form of sexual intercourse (or masturbation) for at least 6 weeks after your circumcision. When you resume sexual intercourse you must use condoms correctly and consistently. This is to ensure adequate healing of your penis and prevent the wound from breaking down. This is also important in preventing the transmission of sexually transmitted infections and HIV/AIDS. Remember, safer sex (including condom use) prevents you from becoming infected with HIV.

**Follow up visits**

Your **first follow up** will be 2 days (48 hrs) after your circumcision. Please do not miss your follow up as it is important that a medical professional checks you. If you need to return before the time or have any concerns, please come to the clinic at any time and a medical professional will attend to you.

Your **second follow up** visit will be 7 days after your circumcision.

Congratulations on making the right decision for your health and for coming to the Winnie Mandela Male Sexual Health Clinic.



health  
Department:  
Health  
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PEPFAR

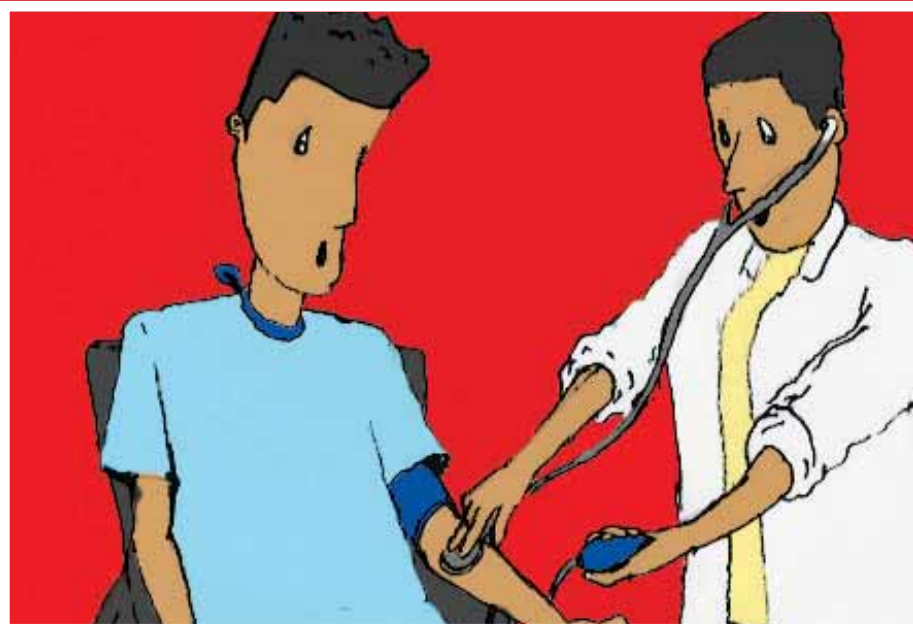




**After Surgery :** You will be taken to the post operative care area where the nurses will look after you whilst you recover.



**After Surgery :** Whilst you rest in the post operative care area you will be provided with a small snack as part of our post medical procedures to ensure that you are well enough to leave the clinic.



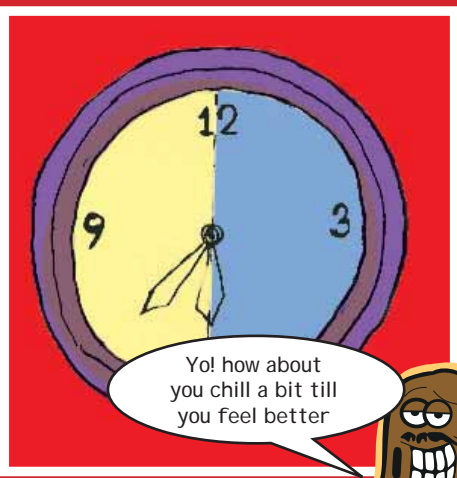
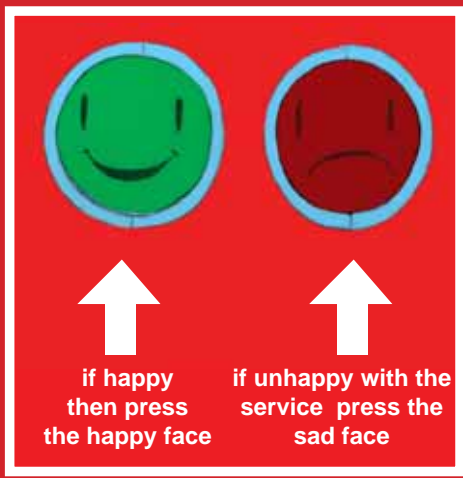
**After Surgery :** The nurse will take your blood pressure and record your vitals on your medical records. This is done to ensure that you have recovered sufficiently before you leave the clinic.



**After Surgery :** Should you feel that you need to talk to a counsellor after your medical circumcision, please tell the nurse and she will call a counsellor to talk to you. Your emotional and physical wellbeing is important to us.



**After Surgery :** The nurse will ask you to complete a client satisfaction survey to let us know if you are happy with the service you received. If you have any suggestions on how we can improve our services or if we have done anything to disappoint or upset you – please let us know. Your experience in our clinic is important to us!



**After Surgery :** Within half an hour you should feel well enough to leave the clinic.





**Recovery period :** You can walk home or get a taxi, but do not ride a bicycle!



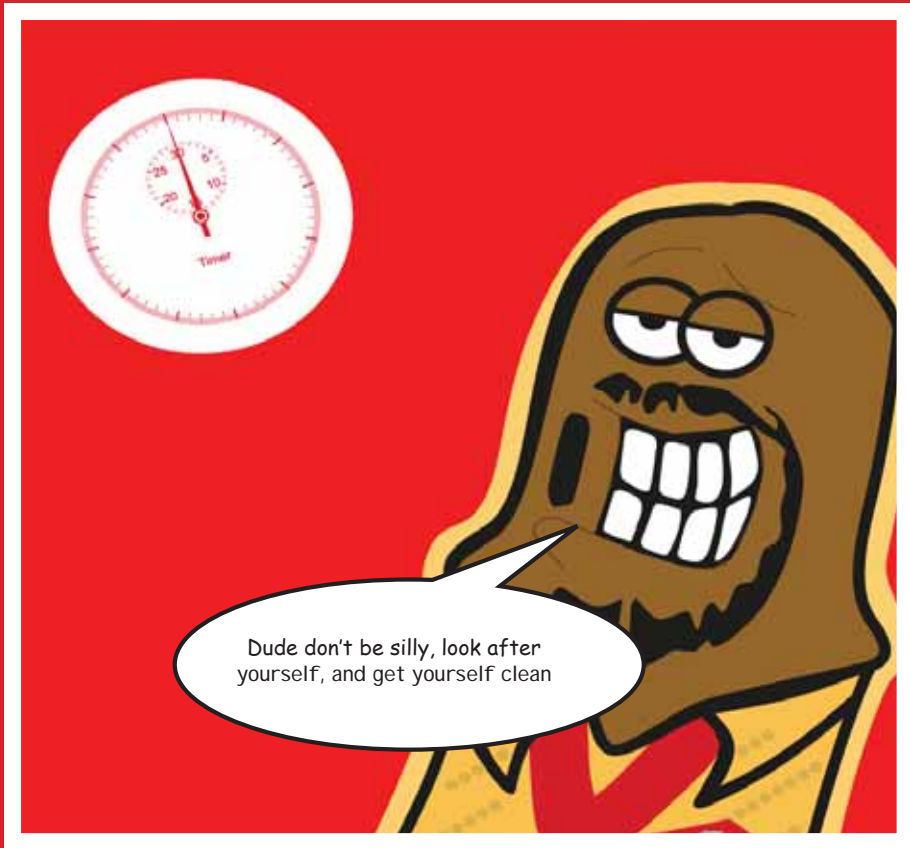
**Recovery period :** After the MMC procedure it is important to rest at home for the first 48 hours, however, the recovery period varies in each client.



**How soon can I go to the toilet :**  
Immediately when you have the  
urge of going to the toilet.



**When can I take a shower or  
bath :**  
You can wash your body but do  
not let the bandage get wet.  
  
You can take a proper bath or  
shower when the bandage is  
off.



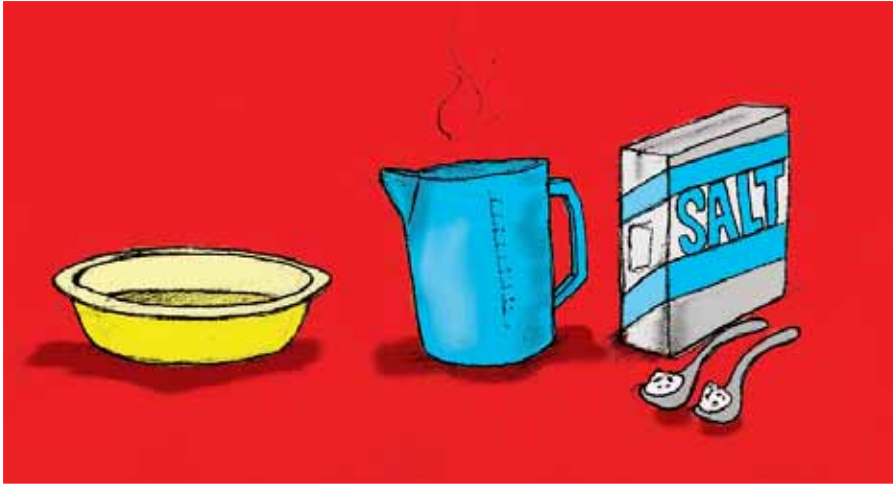
**When must I clean the wound :** 24 hours (1 day) after your circumcision prepare to clean your wound.



**Washing your hands:**

It is important to wash your hands with water and soap every time before touching the wound.

You can also wear disposable gloves that you can throw away after cleaning your wound.



Prepare the following items to use to clean your wound.

- ◇ Clean bowl
- ◇ 350ml of warm, clean water (1 cup)
- ◇ Two teaspoons of salt



A weak salt water solution (two teaspoons of salt diluted in one cup of warm water)



**Dressing (Bandage):** Remove your bandage 24 hours (1 day) after your circumcision. If the dressing is stuck to the wound, soak in warm salt water and remove the dressing gently.



**How to clean the wound :** Wash the wound with clean bare hands or wear clean disposable gloves.

Morning



**WAKEY! WAKEY!**  
Before you start your  
day dont forget to wash  
yourself



Afternoon

**lunch time!**  
Dude don't forget  
to do the deed



Evening

and lastly before  
you hit **lala land**,  
you should wash  
yourself



It is recommended that you wash your genitals GENTLY three times a day with a weak salt water solution (two teaspoons of salt diluted in one cup of warm water).

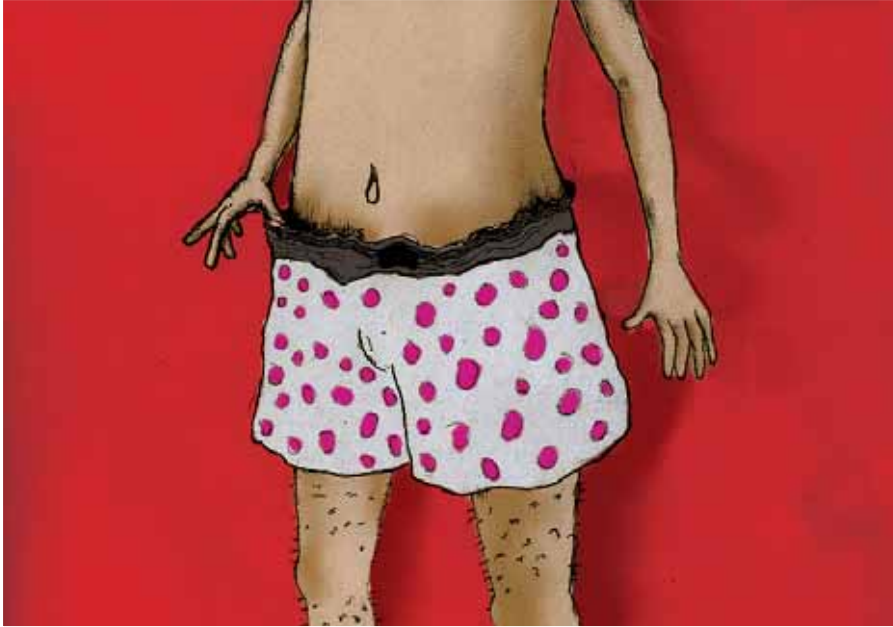


**Must I apply any creams or ointments to the wound :**

You are not allowed to apply anything, you need to keep your wound as dry as possible.



**After you clean the wound what must you do :** For the first two weeks strap your penis in an upright position against your abdomen, using the tape provided or the elastic band on your underwear.



**Clothing** : You should wear loose clean underwear and change your underwear daily to prevent possible infections.



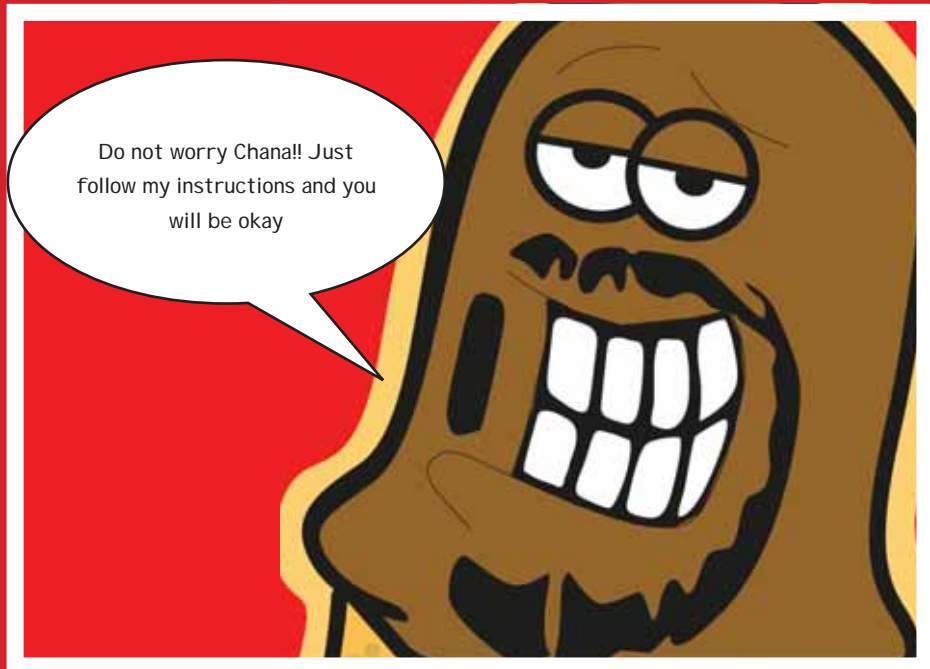
**Post Operative Pain:** It is normal to experience some pain after your circumcision as the pain injection wears off.

After the operation you will be provided with pain medication. You should take two tablets, three times a day or only when you experience the severe pains.

The pain normally settles down after a couple of hours.



**Stitches :** The stitches are dissolvable stitches and disappear by themselves.



**Problems to look out for and how to approach them :** In most cases, if you follow these instructions and look after the wound properly, it will heal quickly without any complications

Hold your penis in your hand with the penis upright facing the abdomen and squeeze the bleeding area, applying constant pressure for 10 - 15 minutes until the bleeding stops.



**Bleeding after the operation :** You might see some blood through the dressing after your circumcision, but this is normal. If the bleeding continues after the medical procedure, hold your penis in your hand, with the penis upright facing the abdomen and squeeze the bleeding area, applying constant pressure for 10 – 15 minutes until the bleeding stops.



If there is bleeding you need to put pressure on the penis and hold it in an upright position to stop the bleeding and if you cannot stop the bleeding you need to get medical support



**Continuous Bleeding after the operation :**

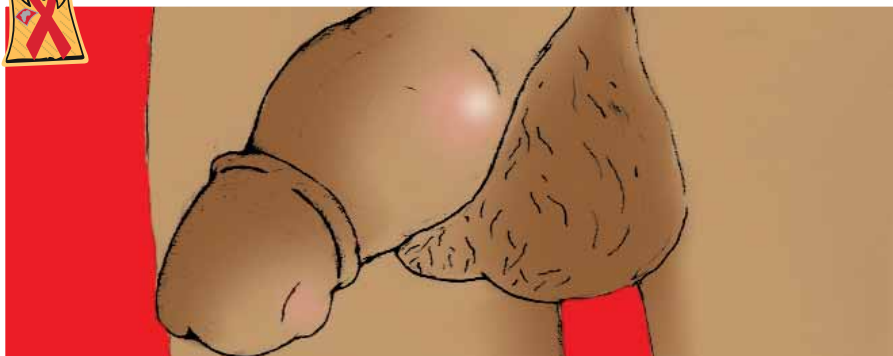
If the bleeding continues, continue squeezing and call the emergency number :

- ❖ Working hours :  
**+27(0) 71 875 2296** or  
**+27(0) 87 135 1631**
- ❖ After hours: **011 458 0911** or  
**011 739 1212**
- ❖ Visit the nearest Community Health Care Centre.  
Visit your nearest Hospital.
- ❖ This information is provided on the back of your appointment card. Return to the MMC Clinic or go to your nearest Community Health Centre for a doctor to assess you.



**Excessive Pain :** If pain is still excessive please contact the MMC clinic on our emergency number :

- ❖ Working hours :  
**+27(0) 71 875 2296** or  
**+27(0) 87 135 1631**
- ❖ After hours: **011 458 0911** or  
**011 739 1212**
- ❖ OR Visit the nearest Community Health Care Centre or Hospital.



**Increased painful swelling, inability to pass urine or painful urination :** If any of the above occur please return to the MMC clinic or to your nearest Community Health Centre for further treatment and review by a doctor.



#### Discharge of pus or fluids :

This may indicate infection, please contact the MMC clinic on our emergency number:

- ❖ Working hours :  
**+27(0) 71 875 2296** or  
**+27(0) 87 135 1631**
- ❖ After hours:  
**011 458 0911** or  
**011 739 1212**
- ❖ OR Visit the nearest Community Health Care Centre or Hospital.

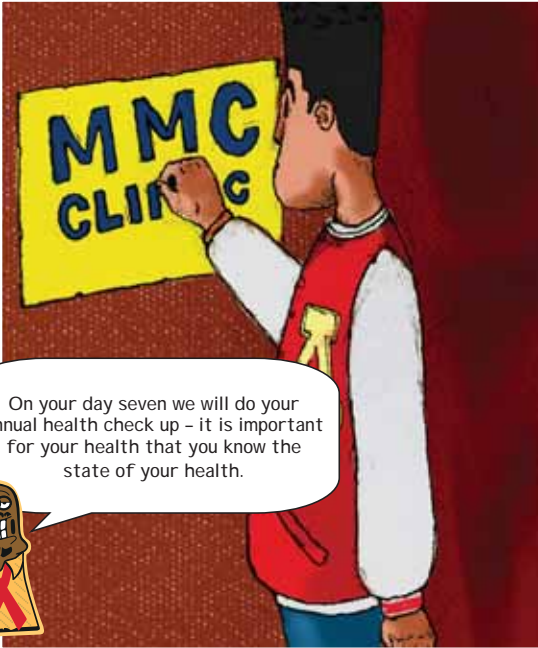


It is important that a medical professional checks you to ensure that you are healing properly please do not miss your follow up visits.



**Follow up visits :** Please do not miss your follow up visits as it is important that a medical professional checks you to ensure that you are healing properly.

- ❖ Your first follow up will be two days (48 hrs) after your circumcision.
- ❖ Your second follow up visit will be seven days after your circumcision.



**Unscheduled visits :** If you are concerned about your healing or any other health matters between your scheduled visits, please do not wait but rather come in and see us so that we can discuss your concerns.

We are here to ensure you make the right decisions about your health.



**How soon can I return to work :** After your two days (48 hrs) visit your may go back to work.



**How soon can I return to school :** You need to come to the MMC clinic on the second day for your 48 hrs follow up visit and then you may return to school. You may book an afternoon appointment for your day seven visit.



**How soon can I return to sport or other strenuous activities:** After four to six weeks.

After four to six weeks you can play some Diski or any other sports





**Healing and Abstain :** You must not have any form of sexual intercourse (or masturbation) for at least six weeks after your circumcision. This is to ensure adequate healing of your penis and prevent the wound from breaking down.



Always use a rubber fellas , this can protect you from HIV and STIs



if you not sure how to use a condom, ask a counsellor for further advice.



**Returning to sexual activities :**

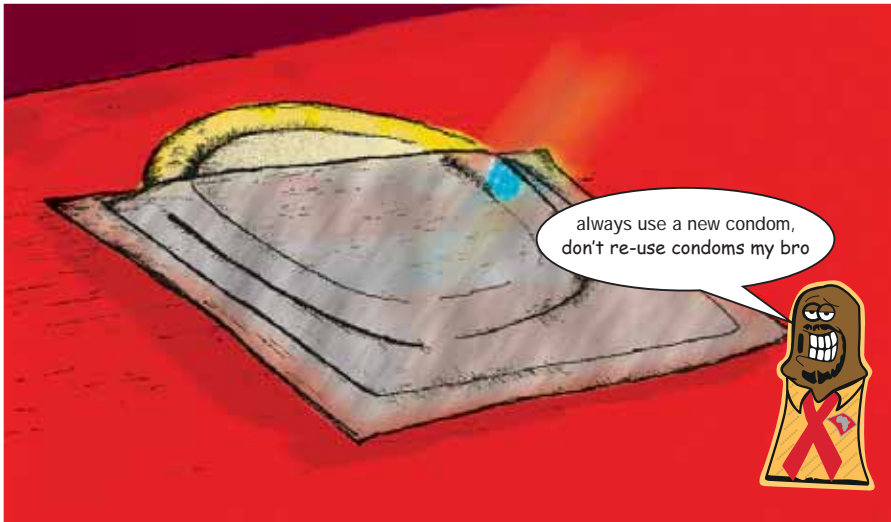
Problems : Engaging in sex too early after the circumcision can :

- ◇ Delay the recovery period
- ◇ Increase the risk of HIV transmission for you and your partner

MMC does not provide 100% protection from HIV, always use a condom.



Be a one woman man bro  
reduce multiple partners



always use a new condom,  
don't re-use condoms my bro



After the MMC procedure, you must still use a new condom correctly and consistently to protect yourself and your partner. Should you be uncertain on how to use a condom, please call at the MMC clinic and one of the staff will provide you with this information. This is also important in preventing the transmission of sexually transmitted infections and HIV/AIDS. Remember, safer sex (including condom use) prevents you from becoming infected with HIV.



**With Love comes  
Responsibility.  
Be eXtra sure  
you're eXtra  
safe.**

You can access the following service from Winnie Mandela's Men's Wellness Clinic which include

- ❖ HIV Counselling and Testing
- ❖ STI treatment and management
- ❖ Screening for TB
- ❖ Performance of annual check ups which include: blood pressure, cholesterol levels, weight and prostate checks
- ❖ Providing information on erectile dysfunction

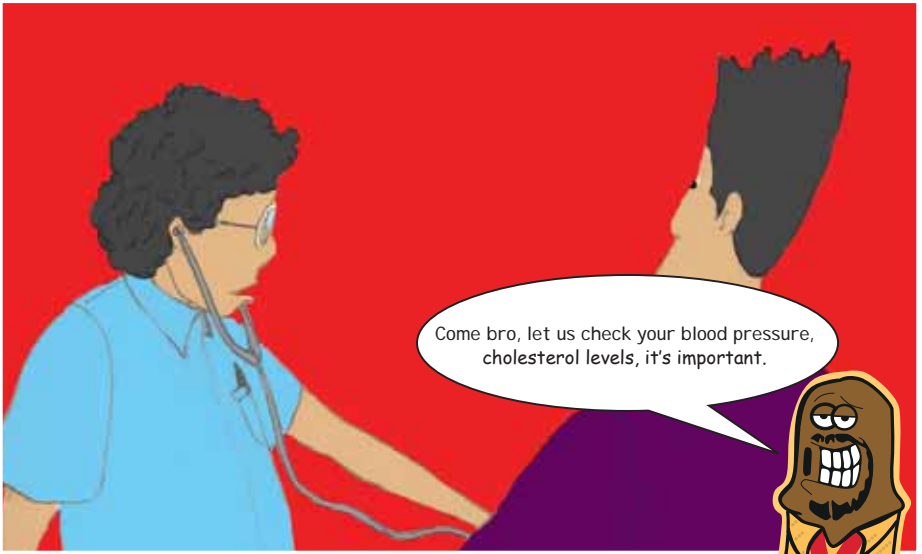


**HEALTHY LIVING  
HIV Counselling and Testing**

As a man it is important that I look after my health so I can look after my family.

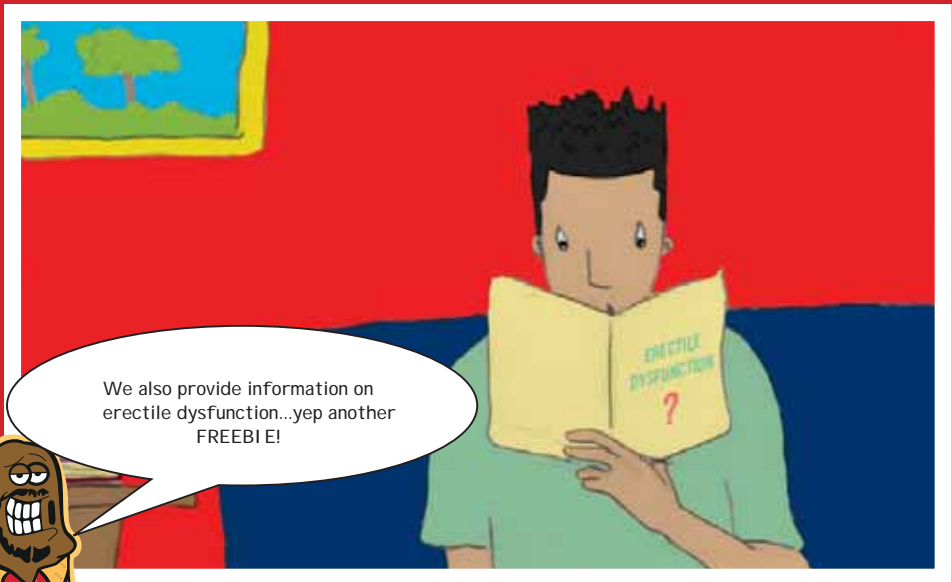


The Winnie Mandela's Men's Wellness Clinic can help you get the answers to your most personal sexual health concerns.



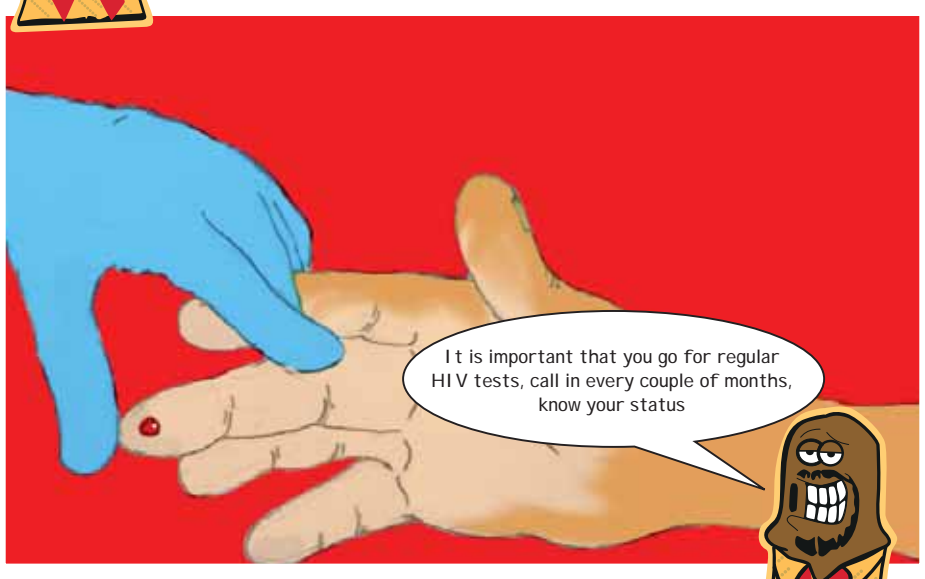
Come bro, let us check your blood pressure, cholesterol levels, it's important.







STI treatment and management is vital, thats the reason annual check ups are very important, dont be embarassed we are here to help you



It is important that you go for regular HIV tests, call in every couple of months, know your status





### Why is it important to reduce Substance abuse (drugs, alcohol, tobacco)

Reducing alcohol and drug use:

- ❖ Reason for not using alcohol it thins the blood causing excessive bleeding.
- ❖ Reasons for not using drugs is that a drug user's judgment is affected and they might not pay attention to instructions given resulting in adverse events.
- ❖ Reasons for not smoking is cigarettes have a chemical called Nicotine which with long term use the vessels that transport nutrients and oxygen, shrinks leading to nutrient and oxygen not transported to the wound delaying the healing process.

#### Healthy Living Tuberculosis

- ❖ TB can be cured even if you are HIV positive
- ❖ If you suspect you have TB don't wait, go to the clinic for a check up



#### Signs you must look out for :

- ❖ Persistent cough for 24 hours or more
- ❖ Weight Loss
- ❖ Night sweats/fever



### HEALTHY LIVING TUBERCULOSIS

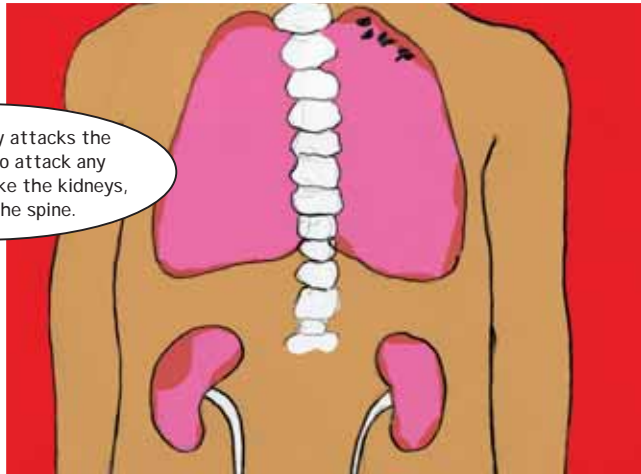
- ❖ TB can be cured even if you are HIV positive. It is important that you get treatment and take the drugs for 6 months.
- ❖ Persistent cough for 24 hours or more.
- ❖ Weight Loss.
- ❖ Night sweats / Fever.
- ❖ If you suspect you have TB don't wait, go to the clinic.

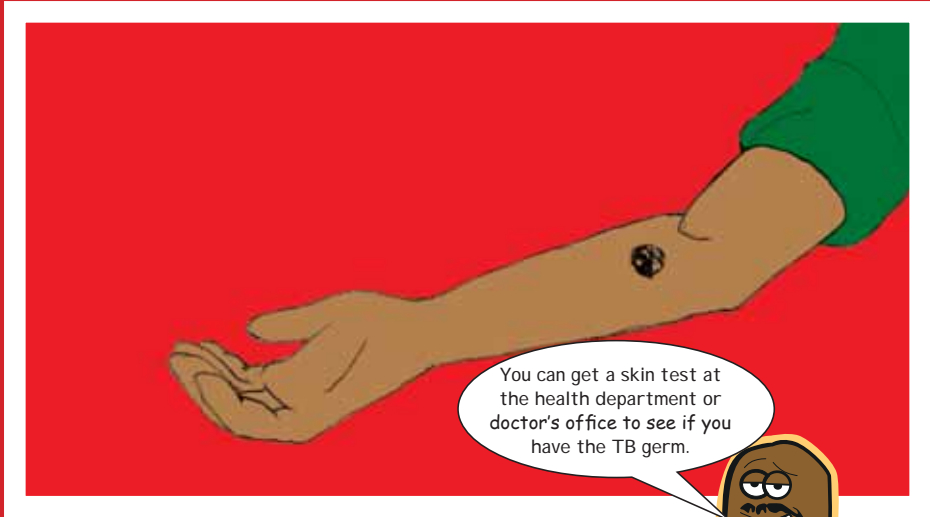


"TB" is short for a disease called Tuberculosis. TB is spread when a person with active TB disease coughs, sings, or speaks and you breathe in the TB germs.



TB disease usually attacks the lungs, but can also attack any organ in the body like the kidneys, the brain or the spine.





You can get a skin test at the health department or doctor's office to see if you have the TB germ.



At the clinic they may ask you to provide sputum (cough into a container) which will then be sent to a laboratory to test whether or not you have TB.





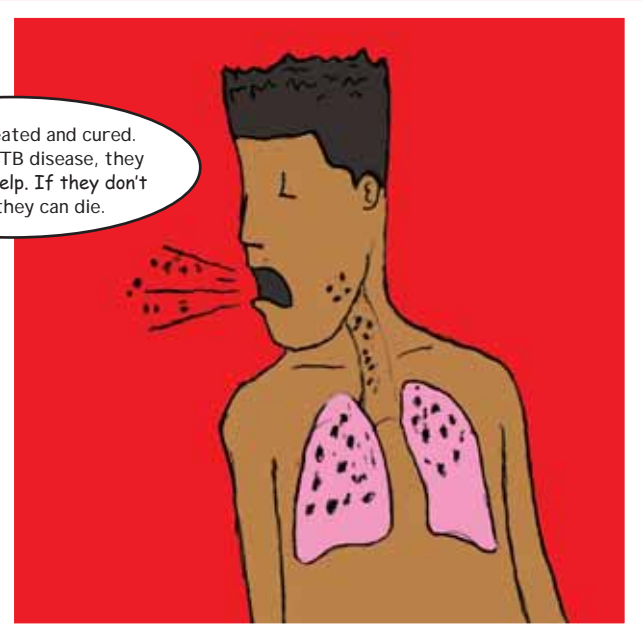
If you do not take your medicine, the TB germs may wake up and attack your lungs and other parts of your body. This is called active TB DISEASE. If you have active TB Disease, you:

- » Feel sick with fever, weight loss or cough.
- » May give TB to others.





TB can be treated and cured.  
If anyone has TB disease, they  
need medical help. If they don't  
get help, they can die.



The only way to get well and stop  
spreading the TB germs is to take  
your medicine exactly as your doctor  
or nurse tells you.



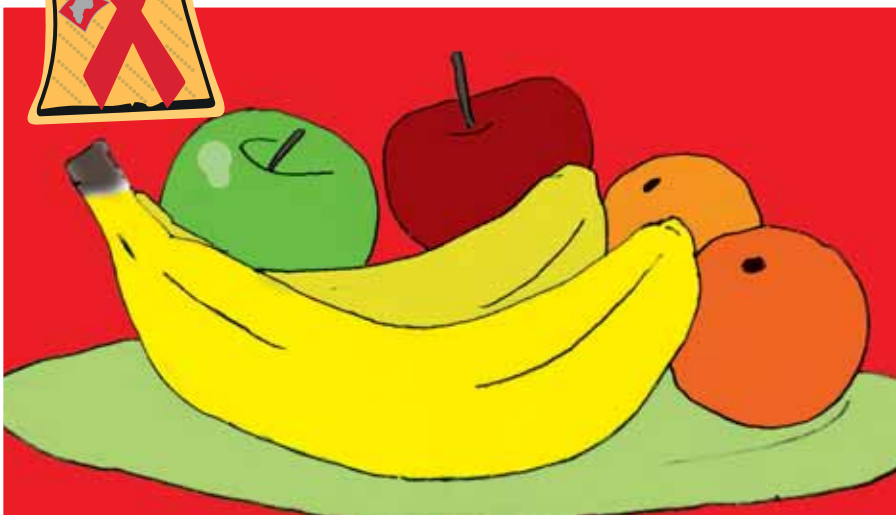
It is important that you get treatment and take the drugs for the entire six months. Don't stop taking the TB medicine just because you are feeling better.



Keep fit and always eat healthy bro!



**Exercise and keep fit**  
Exercise regularly



Eat healthy and reduce your risk of high blood pressure and diabetes.



### Share the Benefits of Medical Male Circumcision with your friends

- ❖ MMC reduces the risks of getting HIV by 60%
- ❖ MMC makes it easier to keep the penis clean and maintain good hygiene
- ❖ MMC reduces the risks of:
  - » STI's such as herpes, syphilis, genital warts and chancroid
  - » Cancer of the penis
  - » Cervical cancer in your female partner
  - » Reduces risk of men getting HIV from heterosexual intercourse
  - » Decreases risk of urinary tract infections in children
  - » Prevention of inflammation of the gland.
  - » Prevention of phimosis (inability to retract the foreskin); and
  - » Paraphimosis ( inability to return the foreskin to its original location).
  - » Reduced risk of some STIs in men, esp. ulcerative diseases ("those causing sores").



Chill and share benefits with friends.



**Client Loyalty Programme**  
 It starts with me ... I care  
 Let's work together .... We care  
 In the fight against HIV and TB  
 Refer your family and friends for a free medical circumcision  
 Together we can reduce the spread of HIV.



**Winnie Mandela Male Sexual Health Clinic**


Name of client: \_\_\_\_\_

Week and Month: \_\_\_\_\_



THE AURUM INSTITUTE

**Be eXtra sure, you're eXtra safe**  
 It starts with me.....I care  
 Let's work together.....We care  
 in reducing the spread of HIV






Being a man means that we make the right decisions about our health...



Every year, in our birthday month, visit the Winnie Mandela Male Sexual Health Clinic for your Annual Health check.



During your Annual Health Check up the following will be done:

- ❖ HIV test (come on dude it is important to always know your HIV status - with love comes responsibility)
  - ❖ TB symptom screen
  - ❖ Blood pressure test
  - ❖ Sugar level test
- ❖ STI screening, treatment & management
  - ❖ Cholesterol levels
  - ❖ Weight

## **EMERGENCY CONTACT NUMBERS**

**Working hours :**

**+27(0) 71 875 2296**

**+27(0) 87 135 1631**

**Visit the Winnie Mandela Male Sexual  
Health Clinic**

**After hours :**

**+27 (0) 11 458 0911**

**+27 (0) 11 739 1212**

**Visit your nearest Community Health  
Care Centre or Hospital**

**Winnie Mandela Male**

**Sexual Health Clinic:**

**9044 Zone 6, Margaret Zuma Street,  
Tembisa**

**+27 (0) 71 875 2296 or**

**call +27 (0) 87 135 1631**



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