

△ GENERAL INFORMATION

Circumcision is removal of the foreskin of the penis. There can be several reasons for a circumcision:

- The foreskin is too long and tight, and it is very difficult to pull it back completely to clean the “head” (*glans*) of the penis that is under the foreskin.
- Irritation under the foreskin because of the moisture and the material that collects there (called *smegma*).
- A lesion on the foreskin.
- Appearance.
- Painful urination.
- Concern about the greater risk of cancer of the penis when the foreskin is present.
- Itching under the foreskin.
- The foreskin pulls back and becomes swollen, seriously choking the glans or the penis.
- An undesirable odor in the constantly moist foreskin.

DIAGNOSIS

- The diagnosis usually can be made from the history and physical examination.
- The penis is inspected before the circumcision because a circumcision might make an existing problem worse. Or another problem (and *not* the foreskin) may be the cause of some of your symptoms.

○ TREATMENT

If the reasons already mentioned apply to you, the treatment to correct the problem is a circumcision.

PREOPERATIVE PREPARATION

- Do not eat or drink anything for 8 hours before the operation.
- You will have an examination of your blood to be certain that it clots normally.
- You will be given medicine that will make you feel drowsy before you are brought to the operating room.

□ OPERATION

- The operation usually is done under local anesthesia. A very thin needle is used to inject an anesthetic in the tissue to make this entire area numb. Also, you

will be given medicine that will make you feel very drowsy.

- During the operation you may feel some tugging but not pain.
- Absorbable stitches will be used.
- The operation is straightforward and usually takes about 1 hour.

POSTOPERATIVE CARE

- You will be taken to a recovery room. When your blood pressure, pulse, and breathing are stable and you are completely alert, you should be able to go home that same day with a responsible adult.
- Arrangements will be made for your medicine and follow-up office visit.

⊕ HOME CARE

- For the first 24 hours, lie down as often as possible. It may help reduce any swelling.
- Take medicine as prescribed for your pain.
- It is important that you not have an erection of your penis. This can be painful and can put strain on the stitches. Avoid conditions that may arouse you sexually.
- You may be given some medicines to “relax” you and to decrease the chance you will be sexually aroused.
- You may shower as you wish. Pat yourself dry gently.
- Wear the type of shorts (boxer or jockey) that keep you most comfortable.
- Driving a car with an automatic shift is not too demanding. But if you suddenly have to slam on the brakes or twist to turn a wheel, you may strain the sutures or tear something. Remind me during the follow-up visit to discuss with you when you can resume driving.
- You should not engage in sexual intercourse until you are healed completely.
- You may return to work as soon as you feel up to it.

☞ CALL OUR OFFICE IF

- There is any bleeding from the incision.
- You cannot urinate.
- The penis swells and continues to remain swollen.
- You develop a temperature higher than 100°F.
- You have any questions.