



CARING FOR YOUR WOUND FOLLOWING CIRCUMCISION

A few hours after the procedure	First two days after the procedure
<ul style="list-style-type: none">• After numbness has worn off, you will feel some pain due to the fresh wound.• Take painkiller tablets as instructed.• Make sure your penis is facing upwards all the time to prevent swelling and bleeding.• You can clean your body with a towel but do not take a shower or immerse yourself in a bath tub.• Take the contact details of the health worker so that you know who to call if you have any complications, for example: swelling, discharge, or non-stop bleeding.• Return to the clinic immediately or seek emergency care if a problem develops.	<ul style="list-style-type: none">• Rest for two days and limit physical activities.• Underwear should be changed each day.• When bleeding has stopped, no further dressing is necessary.• Wear freshly laundered, loose-fitting underwear to allow your penis to heal.• Ensure that the bandage remains in place until the second day visit back to the health facility where it will be inspected and removed by a health care worker.• If the bandage falls off, do not replace it.• Return to the health facility after two days for the removal of the bandage and assessment by a health care worker.
Day 3 to 7	Day 8 to 6 weeks
<ul style="list-style-type: none">• After the health worker has removed the bandage dressing, you can return to your routine wash, showering twice a day, and should gently wash the genital area with lukewarm water OR mild soap (baby soap) and water.• Dry the wound gently with a clean towel to avoid bleeding.• Avoid drying the wound with cotton wool as this may cause infections.• Avoid physical and strenuous activities.• Continue using freshly laundered underwear that allows your penis to remain in an upward position.• Report pain, swelling, discharge or anything abnormal on your penis.	<ul style="list-style-type: none">• Allow the stitches to fall without you tampering with them.• The stitches will fall off from 2 to 4 weeks• Do not pull them off- let them fall off on their own or else you will open the wound and get an infection.• If sexually active, you can resume sexual activity only after six weeks. <p>Important facts to remember: Use condoms correctly and consistently. It is important to condomise to:</p> <ul style="list-style-type: none">• further reduce your risk of contracting HIV and other STIs• prevent unwanted pregnancy

IMPORTANT FACTS TO REMEMBER

- **DO NOT** have sex or masturbate for 6 weeks after circumcision. This is to ensure that the wound heals properly. If you have sex before the wound has healed this could open the wound and result in an infection. It also puts you and your partner at risk of getting HIV or other sexually transmitted infection (STIs).
- Medical Male circumcision **does not** fully protect you from HIV and STIs even after the wound has healed.
- Circumcision does not (directly) reduce the risk of HIV transmission.
- A condom should then be used to protect the wound during every act of sexual intercourse for at least six months.
- Afterwards condoms should always be used correctly and consistently to prevent sexually transmitted infections, HIV or unintended pregnancy.

******Never apply any ointments, herbs or home remedies (such ash or animal dung) or other substances to the wound as this might affect the healing process. Please adhere to the wound caring instructions given by the health worker******

STEPS TO KEEP THE WOUND CLEAN

- Clean the wound a minimum of twice a day (morning and evening)
- Clean a container by rinsing the container with boiling water every time before cleaning the wound. This will help prevent germs that may be in the container from infecting the wound.
- Wash your hands before starting to clean your wound.
- Always use a clean cloth and mild soap to gently wipe and clean the wound.
- Take your time to slowly rinse away the soap and remember to wipe around the wound gently.
- Make sure that you wipe gently around stitches without pulling them in order to prevent any infection or complications.
- Rinse the cloth in warm water before using it again.
- Once you have cleaned your wound wash the container using soap and hot water.
- Cover the container with a plastic bag and put it in a clean place. When your wound has fully healed discard the container.
- The wound should remain clean and dry daily.
- You should clean your wound in this way for 5 days, or until the wound is healed.

EMERGENCIES

In case of emergency or should you experience any of the following:

- pain that does not go away after taking your pills
- swelling, fever, discharge or anything abnormal on your penis you have to call this number

Tel. No: (given to you by the health facility)

