

MY APPOINTMENT CARD


Full name

Mobiliser's name

Mobiliser's number

Circumcision date Day: Date: ___/___/20___

Signature

 For more information, Please feel free to visit our facilities & our officials will assist you.

MEDICAL MALE CIRCUMCISION HAS MANY HEALTH BENEFITS FOR YOU AND YOUR PARTNER

GET FREE MEDICAL MALE CIRCUMCISION



FREE
"The National Department of Health wants to help you to be as healthy and safe as possible. That's why we have reserved a **free**, once-off circumcision procedure for **you**."



QUICK
Your medical male circumcision procedure will be provided by health professionals with years of experience and will only take **20 minutes**, and is **less painful** than a tooth removal.



SAFE
Do you know one of the **4.5 million** medically circumcised men in South Africa? What's stopping you from enjoying the same health benefits as them

BENEFITS LOST BY NOT MEDICALLY CIRCUMCISING

- ✗ **Lose pleasure** when your foreskin bruises or tears
- ✗ **Lose the once-off reduction** in risk against **HIV** infection through the foreskin.
- ✗ **Lose extra protection** against STIs and other diseases.
- ✗ **Risk your partner's health** as they can develop **cervical cancer** when you contract and pass on Human Papilloma Virus.

A foreskin covers the head of the penis leading to the loss of several health benefits.

UNCIRCUMCISED PENIS



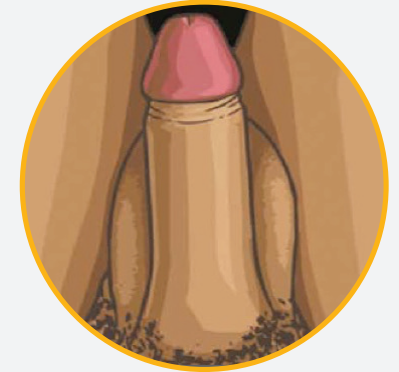
PARTIALLY CIRCUMCISED PENIS



THE BENEFITS OF MEDICAL MALE CIRCUMCISION

- ✔ **Reduces your risk of HIV and STIs**
- ✔ **Improves your hygiene**
- ✔ **Improves your sexual performance**
- ✔ **Improves the appearance** of your partner
- ✔ **Protects your partner** from cervical cancer

MEDICALLY CIRCUMCISED PENIS



“ **REAL MEN ARE RESPONSIBLE MEN. BE RESPONSIBLE, GET CIRCUMCISED TODAY!** ”
- PRINCE NHLANGANISO ZULU

FREE Quick Safe

WHY IS MEDICAL MALE CIRCUMCISION SO IMPORTANT?

BEGIN YOUR MEDICAL MALE CIRCUMCISION JOURNEY



Join over **4.5 MILLION** men in South Africa who have been medically circumcised

1 Give your mobiliser your contact details so that she or he can contact you

2 We will call you to book an appointment at your nearest clinic

3 Take your appointment card with you on the day of the MMC procedure

4 Go to all your follow-up appointments to ensure your best recovery

Unfold to begin the journey

BEFORE YOUR PROCEDURE

- Appointment booked
- Remember to tell your employer that you are taking sick leave for your procedure - you can get a medical certificate on the day of the procedure
- Discuss with your partner that you will need to abstain from sex for 42 days after your procedure. This is to prevent tearing
- Eat a good meal before you leave home

DURING YOUR PROCEDURE

- 1** You will be awake during your procedure and will be given local anaesthetic to prevent pain during the procedure
- 2** Painkillers will be given after your appointment
- 3** Your penis will be stitched and bandaged
- 4** You will be told how to look after your penis while it heals

AFTER YOUR PROCEDURE

- Go to follow up appointments 2 days, 7 days and 42 days after your procedure
- Start exercise after 2 weeks
- Don't masturbate or have sex for 42 days. It is worth waiting
- Continue using condoms, medical male circumcision does not eliminate the risk HIV, it only reduces it

IMPORTANT APPOINTMENT INFORMATION

Appointments are first come first serve, the earlier you get to your appointment the earlier you will undergo your procedure

