

CARING FOR YOUR WOUND

AFTER MEDICAL MALE CIRCUMCISION

Congratulations on getting circumcised! Make sure you recover 100% and read this to learn how to care for your wound.

WE ARE HERE TO CARE FOR YOU

Remember this number: If you are worried about your wound call the 24-hour MMC Helpline or send a Free Please Call Me and speak to one of our nurses.

082 808 6152





VERY IMPORTANT!

MMC reduces your risk of HIV and STI infection but does not remove the risk entirely. For maximum protection, always use a condom and have one partner. Condoms also prevent unplanned pregnancies.

REMEMBER:

Even though the wound heals fast, it can tear easily because the skin is weak. Avoid sex and masturbation for six weeks after MMC to make sure the wound heals properly. If you tear the wound, it will take longer to heal, and it can increase the risk of infection and other complications.

Talk to your partner about the need to avoid sex while you are healing so that you are both comfortable with abstaining from sex.



CARING FOR YOUR WOUND

A few hours after your circumcision:

- After the injection has worn off, you will feel some pain around the wound.
- Take the painkillers issued by the clinic as instructed.
- Wear clean, loose underpants. Place the elastic band of your underwear over the shaft of the penis so that it stays upright. This will reduce swelling and bleeding.
- You can clean your body with a cloth but do not wash your penis.

The first two days after your circumcision:

- Rest as much as you can and avoid exercise and heavy work.
- Change your underwear every day.
- Wear clean, loose-fitting underwear and keep your penis upright.
- Do not remove the bandage. If it falls off do not replace it. Go to the clinic.
- Do not wash your penis.
- Go back to the clinic or doctor two days after your circumcision so that a health professional can remove the bandage and check the wound.

Day 3 – 7 after your circumcision:

- Don't do any exercise and heavy work.
- Continue wearing clean underwear and keeping your penis upright.
- After the bandage has been removed you can wash your body as normal.
- You need to wash the wound three times a day with clean water and gentle soap. We recommend yellow Sunlight soap.

MILD SOAPY WATER



How to clean your penis:

- Boil water and let it cool down so that it is comfortable to touch. This will ensure that the water is clean and has no germs.
- Clean a bowl with the boiled water.
- Fill the bowl with the boiled water.
- Wet a clean towel or cloth and rub some soap into it .
- Wipe the wound gently with the towel or cloth. Do not pull at the stitches.
- Dry the wound gently with a clean towel.
- Do not use cotton wool because it can enter the wound and cause infections.

Day 8 to 6 weeks after your circumcision:

- The stitches will start falling out by themselves after 10 – 14 days as the wound begins to close.
- Do not pull the stitches. Let them fall out on their own or you may open the wound and develop an infection.
- Continue to clean the wound gently, even after the stitches have fallen out.
- You can start exercising when most of the stitches have fallen out.



REMEMBER: Never apply any ointments like Dettol, herbs or home remedies such as ash or animal dung to the wound as this can cause infections.



THINGS TO LOOK OUT FOR

Problems after a circumcision are rare, but sometimes there can be infection, bleeding, swelling and pain. With proper care, these issues are easily treated.

Please visit your clinic or doctor or call the free 24-hour MMC Helpline on 082 808 6152 if you experience any of the following issues, as they may be a sign that you have an infection.

- Have a high temperature or feel very hot.
- Feel ill, such as weakness or nausea.
- Your stomach is hard or stiff.
- Your jaw is stiff.
- You have fits.
- There is a bad smell coming from the wound.
- There is pus is coming from the wound.
- You have difficulty passing urine.
- Your skin changes colour.
- You have swelling or tenderness in the groin or around the wound.
- You have sudden pain in the wound, especially if you have been pain free.

**Always keep the number of the MMC Helpline on your phone.
You can call or send a free PCM anytime and speak to one of our nurses.**

082 808 6152



THINGS TO LOOK OUT FOR CONTINUED...

Bleeding:

It is normal to have a bit of bleeding after the MMC.

To stop the bleeding, hold your penis in your hand, take a clean face cloth and apply pressure to the bleeding area for 10 - 15 minutes. If bleeding continues or gets worse visit your local clinic/service provider as soon as possible or call the MMC Helpline.

Managing Pain:

It is normal to have mild pain after your circumcision. Take the painkillers provided by the health professionals after the circumcision. If pain is still excessive, please contact your clinic or call the MMC Helpline.

Swelling:

This is normal immediately after MMC. The swelling should go down after a few days. Keep your penis upright using the elastic from your underpants to bring the swelling down. If the swelling gets worse, or if there is pus coming out of the wound please contact your clinic or call the MMC Helpline immediately.

Erections:

Erections can be uncomfortable while you are healing from MMC. Most men find that it helps to cool their penis, which can be done by wiping the penis gently with cold water or putting ice in a clean cloth and holding it over the penis. It also helps to drink lots of water so that you urinate often. Try to sleep on your side, with your knees drawn up towards your chest. Try not to sleep on your back.

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NB: REMEMBER: WE ARE HERE FOR YOU. IF YOU ARE WORRIED OR EXPERIENCE ANY SIGNS OF INFECTION, CALL OR SEND A FREE PCM TO

082 808 6152

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