

# Discharge advice following circumcision

**i** Information for patients  
Day Surgery Unit



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



## **What is circumcision?**

Circumcision is the surgical removal of the foreskin.

## **What are the benefits of having this operation?**

The main benefit is to prevent pain and discomfort during intercourse.

## **What can I expect after my operation?**

The wound will have been stitched with dissolvable stitches that do not need removing and a dressing will have been applied. If the dressing falls off it is not necessary to replace it. If it becomes soaked with urine, you should remove it. If the dressing remains in place then soak it off with cool boiled water after 24-48 hours .

You may experience some bleeding during the first 24 hours following your operation. Applying gentle pressure should control this.

You may experience swelling and bruising of the penis which should improve in 3-4 days. You should not be alarmed; this is normal. It may be more comfortable for you to wear light underwear and clothes for 2-3 days.

Passing urine should be painless and should not be affected by your operation.

You can have a shower as normal after 24-48 hours but avoid soaking in a bath. It is important that you keep your wound clean and ensure you dry your wound carefully afterwards. You should avoid scented soaps and talcum powder.

## **Will it be painful?**

Your anaesthetist may have used an injection of local anaesthetic to numb the penis (penile block) which will wear off after you have gone

home. You will be advised to start painkillers to keep you comfortable as the effect of the anaesthetic wears off.

If you have not had this injection the nurse will inform you when you need to take your painkillers.

## **When can I resume normal activity?**

Returning to work depends on the type of job you do. You can self certificate for the first 7 days off work. After that you may need a doctor's note.

You will continue to get erections as normal after the procedure but you should refrain from any sexual activity for 4 weeks.

## **When can I drive?**

It is your responsibility to make sure you are fit to drive after surgery. You should not drive until you are comfortable and could do an emergency stop if you needed to. You should check with your insurance company that your cover is valid before you start driving again after your surgery.

## **Are there any other important points?**

You will not normally be given a follow up outpatient appointment unless the surgeon feels it is necessary.

## **Is there anything I should look out for when I go home?**

If you develop a temperature, throbbing or drainage from the wound site please make an appointment with your GP for a wound check.

## Who should I contact if I have a problem?

In the **first 24 hours** after going home if you have a problem and need advice you can contact the Day Surgery Unit:

- **0114 226 6020** between 9.00am and 6.00pm

If the Day Surgery Unit is closed overnight you should contact either:

Urology Assessment Unit, Royal Hallamshire Hospital:

- **0114 226 5149** (24 hour contact)

Ward H2, Royal Hallamshire Hospital:

- **0114 243 4343** (switchboard) or
- **0114 271 2744** (direct line)

If you consider it to be an emergency you should contact the NHS helpline on 111 or attend the nearest Accident and Emergency Department.

**After the first 24 hours** if you have a problem you can:

- Visit the Walk-in Centre, Broad Lane, Sheffield
- Arrange to visit your GP
- Call the NHS helpline on 111



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