GREAT, BUT HERE IS SOME IMPORTANT INFO YOU NEED TO REMEMBER!

HEY CHARLES, I TOOK YOUR ADVICE AND WENT FOR MC!
You’ve made an important choice to go for MC. There are two important issues which require you to take control and responsibility. First is the healing process. The time it takes to recover is partially up to you. Second is protecting yourself and your partner. Being circumcised helps, but it’s still up to you to protect yourself and your partner.
Now that I have had my MC, how can I make sure it heals properly?

Get lots of rest for the first two days after your MC...

And don’t get the dressing wet. It will be removed when you go for your first review.

Proper care and attention can help you heal faster.

Follow this advice and contact the clinic if you have any concerns:

- After your MC, rest for one or two days. This rest will help the wound heal.
- You may bathe on the day after your MC, but do not let the dressing get wet.
- Return to the clinic two days after your MC to have the dressing removed.
- Do not pull or scratch the wound or the sutures while it is healing.
- You may have a little pain or swelling where the wound is. This is normal, but if it does not begin to feel better after a few days, come back to the clinic.
- Erections may cause some pain. Passing urine can help. Do not masturbate. Any pain from erections will go away after a few days.
- Take any medication provided by the clinic.
You’ll need to go for reviews on Day 2 and Day 7.

If you are bleeding or the pain gets worse, you must go back to the clinic.

Will I need to go back to the clinic?

It is important to come back for reviews.

Returning to the clinic for the 2-day and 7-day reviews is a good way to be sure you are healing properly. You will also receive more counseling on protecting yourself.

If you have any of these conditions, return to the clinic or call:

- Bleeding that does not stop or gets worse
- Severe pain
- Inability to pass urine
- Pus discharging from wound
- Increased swelling
- A fever within one week of surgery
- Severe lower abdominal pain

Once the bandage comes off (during your 2-day review), you should wash the wound gently, using only your hand, with clean water and a bit of mild soap (like Lifebuoy) every day. Wear clean underpants and change them every day during the healing period.
Can I have sex immediately after my MC?

No, you'll have to wait for 6 weeks before you have sex or masturbate.

It is important that you do not have sex before 6-weeks after MC.

Do not have sex or masturbate for six weeks after your MC. Even though your penis may look and feel completely healed, it is still healing under the skin. Remember that you may be at a higher risk for contracting HIV if you have sex during the healing period. Masturbation or any sexual activity may damage your penis and could delay the healing process.
Do I still need to practice safe sex after MC?

Of course! An MC can reduce the risk of HIV and other STIs, but you must still practice safe sex to protect yourself and your partner.

If you become sexually active after the 6-week healing period, you still need to use protection.

Male circumcision does not provide 100% protection. You can still contract HIV and other STIs once you are circumcised. You can still pass HIV and other STIs on to your partner once you are circumcised. After MC one should still protect himself and his partner by using a condom. Other prevention methods include abstaining from sex and being faithful to one partner who is faithful and HIV negative.
It is important to know your HIV status before and after going for MC.

You may have taken an HIV test before your MC procedure. If not, you should consider it again now that you are circumcised. Knowing your status can help you better plan for your future. If you received an HIV test before your MC procedure, remember the discussion with your counselor and the decisions you made about your life. Consider getting tested again in a few months and remember that you are always welcome to return for more counselling.
If you have any further questions about MC or the healing process, call the FREE health Talkline by dialing 990.

- Sexual and RH education and counselling
- STI prevention and treatment
- Family planning counselling and services
- HIV testing and counselling
- Alcohol and substance abuse counselling

IF YOU HAVE ANY CONCERNS AFTER YOUR MC, PAGE YOUR MC PROVIDER OR CALL THE FREE HEALTH TALKLINE - 990. THERE YOU CAN ALSO RECEIVE INFORMATION ON THE TOPICS LISTED BELOW.