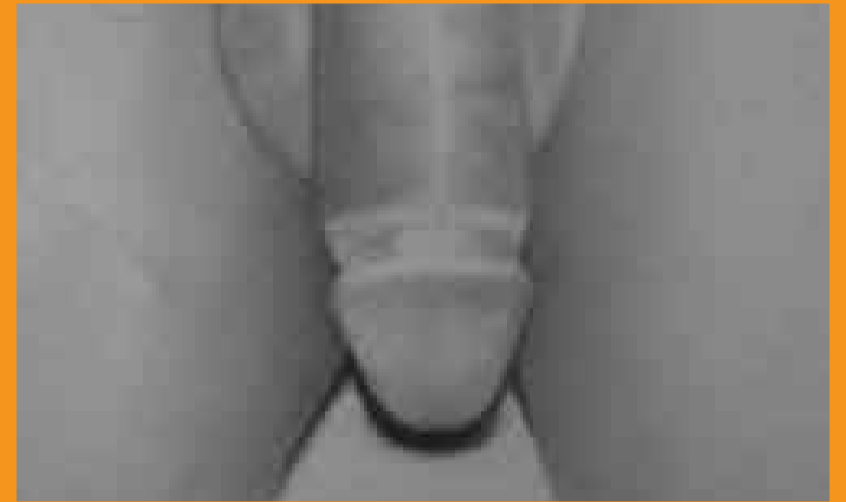


WHAT IS MEDICAL MALE CIRCUMCISION?

Medical male circumcision involves the complete removal of the foreskin. The foreskin is the skin that covers the front of the penis.



• **UNCIRCUMCISED**



• **CIRCUMCISED**

BENEFITS OF MEDICAL MALE CIRCUMCISION:

- Reduces a man's risk of getting HIV by 60%
- Reduces the chances of getting penile cancer
- Reduces the chances of getting urinary tract infections
- Reduces the chances of getting some sexually transmitted infections (STIs) such as genital ulcers, syphilis and gonorrhoea

BENEFITS OF MEDICAL MALE CIRCUMCISION FOR WOMEN:

- Protects women from getting sexually transmitted infections and HIV
- Reduces the chances of getting cervical cancer

RISKS ASSOCIATED WITH MEDICAL MALE CIRCUMCISION:

- Excessive bleeding
- Infection of the wound that will slow down the healing
- Penile disfigurement

RISKS ASSOCIATED WITH MEDICAL MALE CIRCUMCISION – EXTREMELY RARE CASES:

- Erectile dysfunction (if a nerve is cut)
- Death in very extreme cases



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BOPHELO PELE PROCESS

REGISTRATION AT RECEPTION

GROUP INFORMATION SESSION

Clients can discuss the MMC (Medical Male Circumcision) procedure and address any fears or questions that they may have.

MMC & HIV PRE-TEST COUNSELLING

This session deals with benefits and risks of MMC for both men & women, the dangers of STIs and HIV and responsible sexual health.

HIV TESTING

Clients are able to take an HIV test and get results within hours.

HIV NEGATIVE RESULTS

Client proceeds with MMC procedure.

CLIENT CHOOSES NOT TO HAVE AN HIV TEST

Clients can choose not to have an HIV test, but can still go for MMC, however this is not encouraged.

HIV POSITIVE RESULTS WITH CD4 COUNT HIGHER THAN 200

Clients are referred to a local clinic to start the required ARV program. Clients in this category can still go ahead with MMC.

HIV POSITIVE RESULTS WITH CD4 COUNT LOWER THAN 200

Clients are referred to a local clinic to start the required ARV program.

Clients in this category will not be offered the MMC procedure.

POST TEST COUNSELLING

This is offered to clients after the HIV test to re-enforce condom usage and the importance of having one partner.

MMC PROCEDURE

Client gets a confirmed appointment date for their MMC procedure.

MMC EVALUATION TIME

Clients have 2 days to think over their decision.

MMC PROCEDURE

You have a small operation for the total removal of the foreskin. This is done by trained medical professionals and a local anaesthetic ensures that you do not feel any pain.

24 – 48 HOURS MEDICAL FOLLOW-UP

You are encouraged to come back to BPMC centre for bandages to be removed and a general check-up of the healing process.



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HOW TO TAKE CARE OF YOURSELF AFTER MEDICAL CIRCUMCISION

- Get good rest and keep your penis clean and dry at all times.
- The penis must be gently washed with salty water (put 1 teaspoon of salt into a cup of warm water).
- No sexual activity or masturbation for 6 weeks (The penis must heal completely before any sexual activity). Complete recovery takes about 6 weeks.
- Now that you are medically circumcised, the risk of contracting STIs is greatly reduced and you have about 60% less chance of acquiring HIV during sex, but this does not provide FULL protection. Condom usage is always advised when engaging in sexual activity.
- Take a bath at least twice a day.
- Do not hesitate to come back or call the centre if you experience any problems with the healing of you penis.
- Come back to the Bophelo Phele centre for a check-up after 2 days, to have the bandage removed.
- Once the bandage is removed and bleeding has stopped, wear loose-fitting clean underwear and change underwear on a daily basis.
- If you experience any problems, phone our 24 hour helpline; 082 415 6945.
- For more information or registration, call or send a 'please call me' to 079 891 8733 / 071 605 9859.



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