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

Do not have **sex** or **masturbate** for 6 weeks or until the wound has healed **completely**. Even though your penis may look healed, it is still healing under the skin. Having sex too early can **delay** healing.
SEX AFTER MC

CAN I HAVE SEX IMMEDIATELY AFTER MY MC?

NO, YOU’LL HAVE TO WAIT FOR 6 WEEKS BEFORE YOU HAVE SEX OR MASTURBATE.

Once the wound has healed, you can have sex again.

This takes 6 weeks. Remember that MC does not provide 100% protection. It is still possible for a circumcised man to get HIV. Now that you are circumcised, continue to protect yourself by using condoms correctly and consistently, abstaining from sex, or being faithful to a partner who is both faithful and HIV and STI free. If a man is HIV-positive and has MC, he can still infect his partner.
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.

Condoms can help prevent pregnancy and sexually transmitted infections, including HIV.

Condoms are easily affordable and available. Consider scented, studded and female condoms as well. Many people enjoy sex more when they use condoms. They are able to focus on their sexual pleasure without worrying about unwanted pregnancy and STIs.
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.
For more info call
3958

If you have any concerns after your MC, call your provider. If you are interested in more info on any of the topics listed below, contact Society for Family Health (SFH) at 3958 for more info.

- Sexual and RH education and counselling
- STI prevention and treatment
- Family planning counselling and services
- HIV testing and counselling
- Infertility evaluation
- Cancers of the male RH system
- Alcohol and substance abuse counselling

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