



VMMC services
are available
at all government
health facilities
countrywide for **FREE**.



WHAT YOU NEED TO KNOW AFTER MALE CIRCUMCISION

Answers from Dr. Maarifa



Congratulations
on making the
important choice
to go for
VMMC.



Now that you are
circumcised there is some
important information that
you also need to know.

Voluntary Medical Male Circumcision (VMMC)
together with abstinence, condom use, reduced
number of sexual partners and knowledge of HIV
status will help prevent HIV infection.

VMMC DOES NOT provide 100% protection
from HIV.

You should continue to use other HIV prevention
methods after VMMC.




How long should I wait before having sex?

on for HIV Prevention

- ➔ It is important that you do not have sex or masturbate for 6 weeks until the wound is completely healed. If you have sex before you are fully healed you will increase your risk of contracting HIV.
- ➔ Resuming sex too early will also damage the wound and delay the healing process

Voluntary Medical Male Circumcision for HIV Prevention



How long does it take to heal?

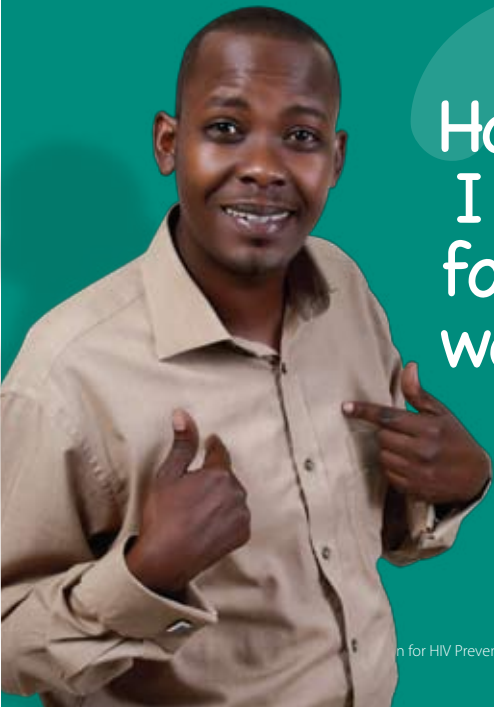
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Voluntary Medical Male Circumcision



Proper care and attention can help you heal within 6 weeks. Once you return home, rest for one or two days. This will help your wound heal.





How do I care for the wound?

- ➔ You may bathe on the day after surgery, but do not let the dressing get wet
- ➔ Remove the dressing 3 days after after surgery
- ➔ Do not pull or scratch the wound while it is healing
- ➔ Do not have sex or masturbate for 6 weeks
- ➔ The best way to reduce painful erections is to urinate frequently
- ➔ Slight pain or swelling around the wound is normal. Seek medical attention if the symptoms get worse
- ➔ Take the medication provided by the clinic and be sure to follow instructions given to you
- ➔ Please remember to visit the clinic for follow up 7 days after circumcision

How do I know if there is a problem after surgery?



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Return to the hospital immediately if you have the following symptoms after surgery:

- ➔ Bleeding that does not stop or gets worse
- ➔ Severe pain
- ➔ Difficulty urinating
- ➔ Pus coming out of the wound
- ➔ Increased swelling
- ➔ A fever within one week of surgery
- ➔ Severe pain in your lower abdomen

And do visit if you have any other questions or concerns

Voluntary Medical Male Circum





REMEMBER:

Male circumcision (VMMC) protects you against HIV and improves your sexual hygiene. Even after circumcision it is important to continue practising other proven HIV prevention methods including:

- ➔ Abstinence
- ➔ Reducing number of overlapping sexual partners
- ➔ Using condoms correctly every time you have sex
- ➔ Knowing your HIV status

Reduction of Overlapping Sexual Partners



- ➔ Having more than one sexual partner at the same time increases your risk of getting HIV
- ➔ An HIV positive person is most infectious and more likely to pass on HIV in the first few weeks after infection
- ➔ If a person has more than one regular sexual partner at the same time each of his or her partners may also have other partners and so on. In this way the person may be connected to a large network which includes many people
- ➔ Whenever any member of the sexual network is infected with HIV and has sex without a condom, it puts everyone else in the network at high risk of infection
- ➔ It is important to reduce the number of sexual partners to get maximum benefits from Male Circumcision (VMMC)

Using Condoms Correctly and Consistently



- ➡ Condoms help you to prevent HIV infection and unintended pregnancies when used correctly every time you have sex
- ➡ Male and female condoms are affordable and easily available at clinics, hospitals, pharmacies and retail shops
- ➡ Many people enjoy sex more when they use condoms because of the confidence that they are protected from getting infected with HIV and STIs

Knowing your HIV Status



- ➡ Knowing your HIV status will help you plan for your future
- ➡ If you have not taken an HIV test you should consider doing so with your partner now that you are circumcised
- ➡ If you received HIV testing before your MC procedure please remember the discussion with your counsellor and the decisions you made regarding how to remain negative