

# **SAFE MALE CIRCUMCISION (SMC)**

**Know your Facts**





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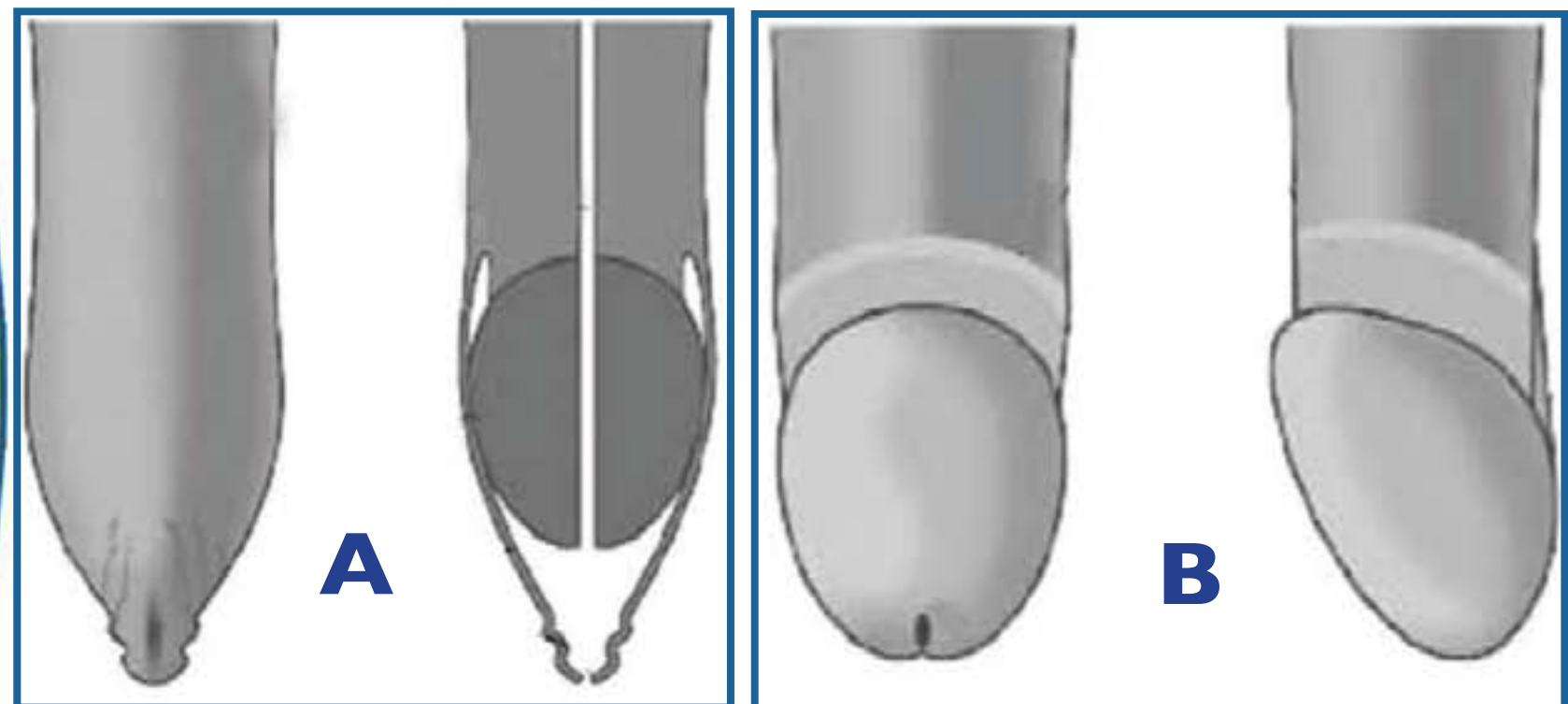




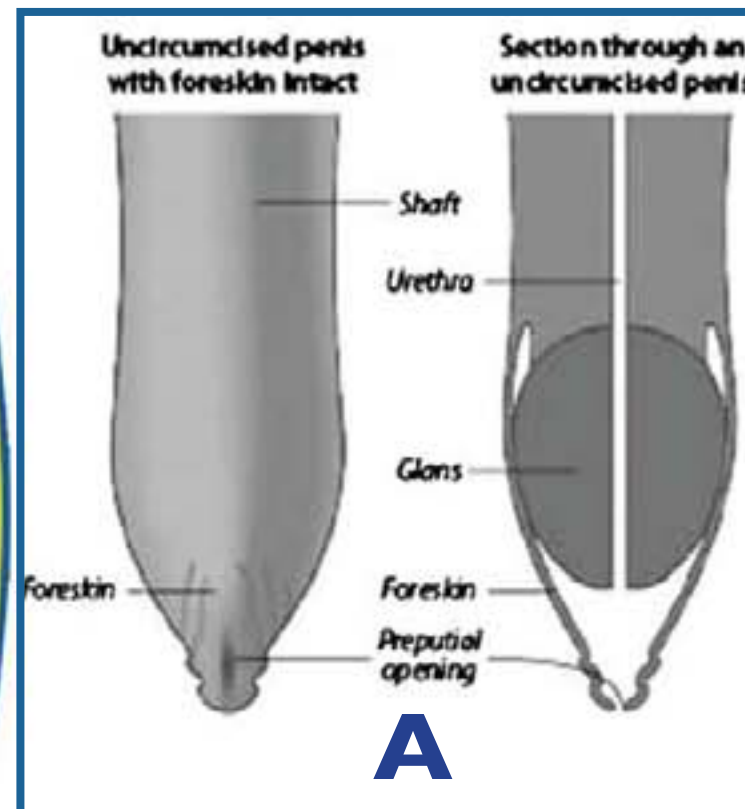
# INTRODUCTION TO SAFE MALE CIRCUMCISION

- Hello and thank you for attending this session on SMC
- I will ask a few questions throughout this session
- Today we are going to discuss the benefits and implications of SMC
- Feel free to ask questions at any time if you do not understand what I am saying
- What do you know about safe male circumcision and HIV?

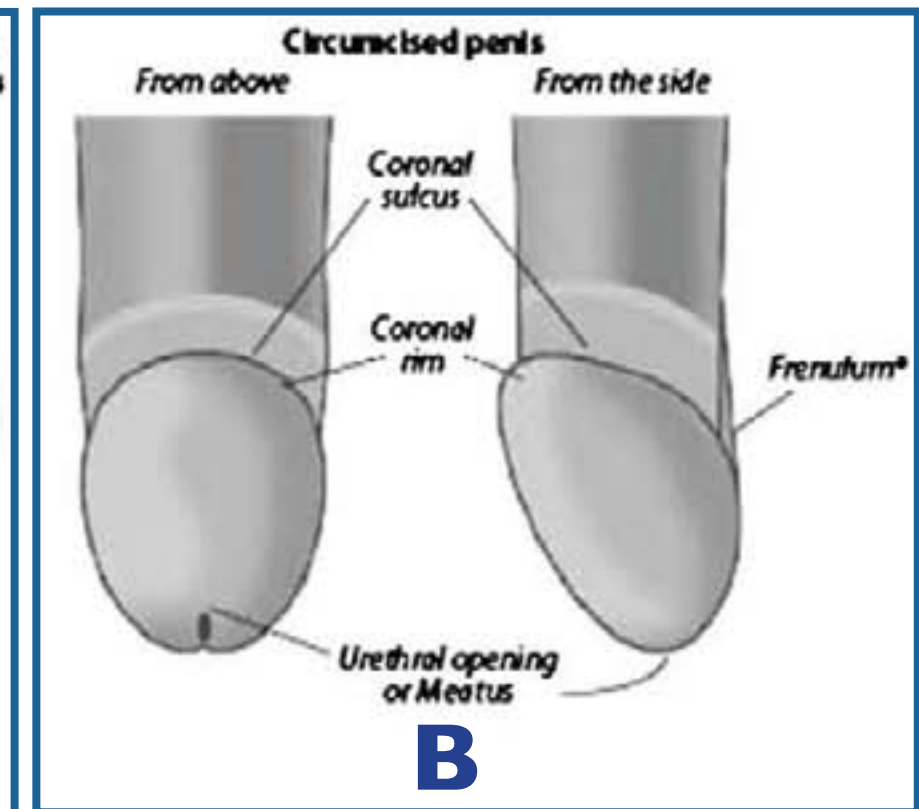
**WHAT CAN  
YOU SEE?**



**ASK CLIENT  
WHAT HE  
CAN SEE**



**Uncircumcised Penis**



**Circumcised Penis**



# WHAT IS SAFE MALE CIRCUMCISION?





# ASK CLIENTS WHAT THEY UNDERSTAND SAFE MALE CIRCUMCISION TO BE

- ⌚ Male circumcision is one of the oldest and most common surgical procedures in the world. It is done for different religious, cultural, social and medical reasons in many countries
- ⌚ It was common in Botswana as part of the Bogwera ceremony until the colonial rulers stopped the practice in the early 20th Century
- ⌚ **SMC** is the surgical removal of the foreskin covering the end of the penis so that the glans (or knob) is permanently exposed. SMC should be carried out in a sterile health facility by a trained doctor
- ⌚ There are now specific health reasons why more and more men are choosing to do safe male circumcision





**IT'S JUST  
LIKE FOOTBALL**





It's just like football

# **EXPLAIN THE GOAL KEEPER ANALOGY TO CLIENTS**

- 🌐 The goalkeeper needs the help of the team defenders to keep the ball out of the goal, just like a circumcised man needs the other defenders to prevent HIV infection



# THE DEFENDERS





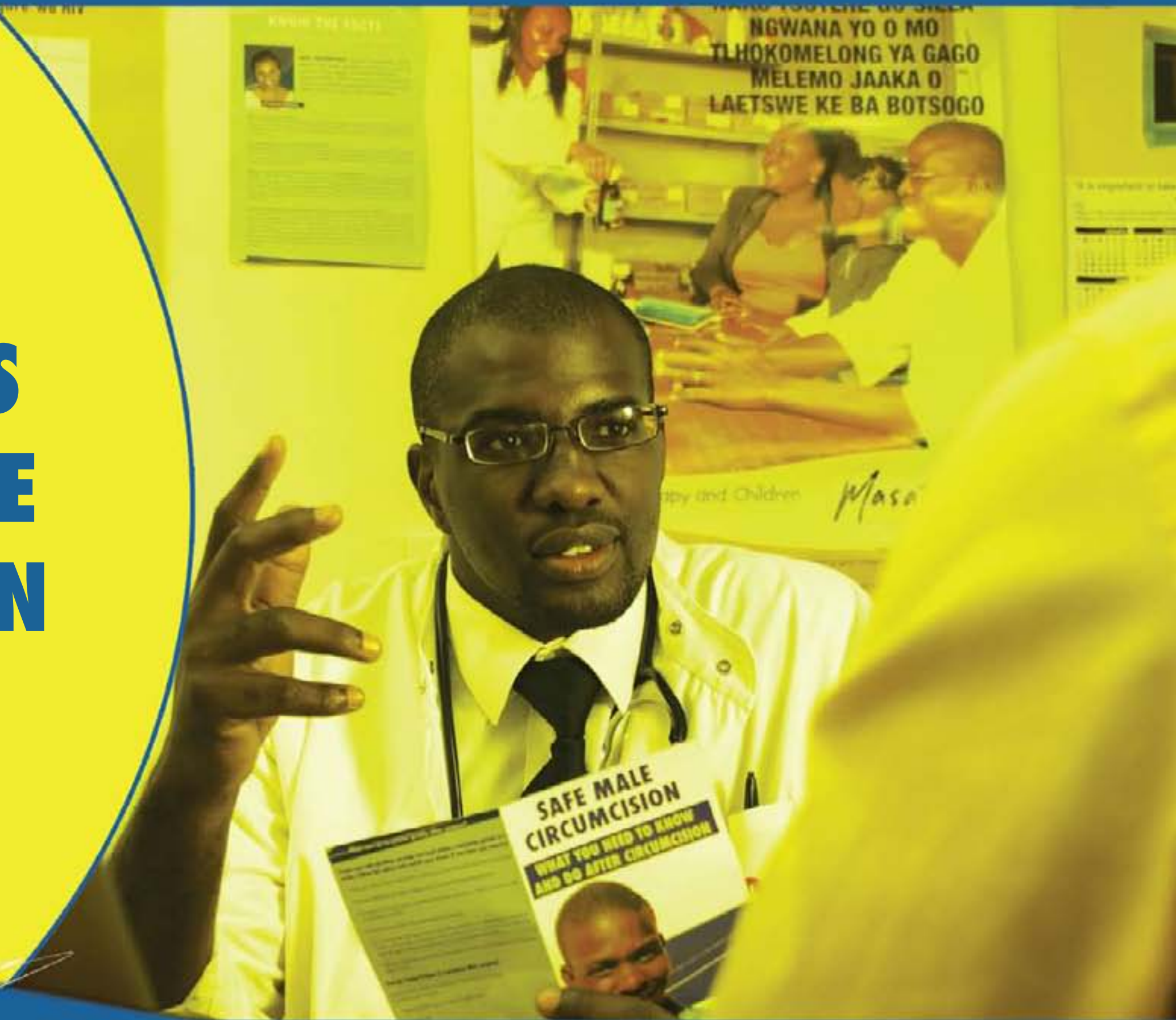
# EXPLAIN THE DEFENDERS TO CLIENTS

## The defenders of HIV are:

- ⦿ Testing for HIV regularly
- ⦿ Always using a condom correctly and consistently
- ⦿ Being faithful to one partner
- ⦿ Abstaining from sex



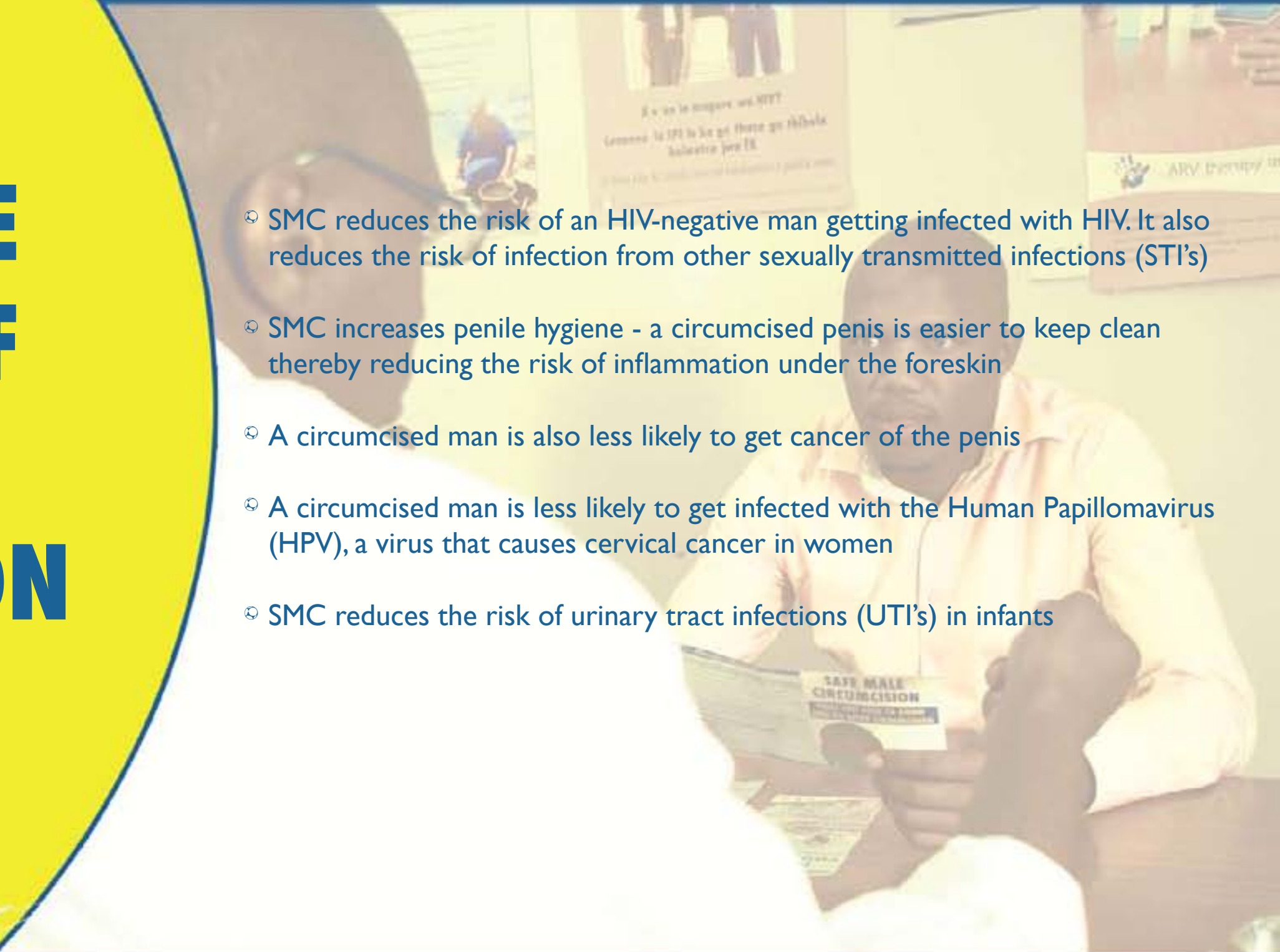
# THE BENEFITS OF SAFE MALE CIRCUMCISION





# DISCUSS THE BENEFITS OF SAFE MALE CIRCUMCISION

- ⌚ SMC reduces the risk of an HIV-negative man getting infected with HIV. It also reduces the risk of infection from other sexually transmitted infections (STI's)
- ⌚ SMC increases penile hygiene - a circumcised penis is easier to keep clean thereby reducing the risk of inflammation under the foreskin
- ⌚ A circumcised man is also less likely to get cancer of the penis
- ⌚ A circumcised man is less likely to get infected with the Human Papillomavirus (HPV), a virus that causes cervical cancer in women
- ⌚ SMC reduces the risk of urinary tract infections (UTI's) in infants





# **WHAT SHOULD YOU DO BEFORE THE PROCEDURE?**





# EXPLAIN WHAT CLIENT SHOULD DO BEFORE THE PROCEDURE

- ⦿ Discuss SMC with your partner and if appropriate, the decision should be taken by both of you
- ⦿ A qualified health professional or counsellor must be consulted before the procedure as they will explain about the SMC procedure and prepare you with all the facts necessary
- ⦿ An HIV test should be carried out before the procedure because SMC is meant for HIV prevention in both partners
- ⦿ Circumcision as an HIV prevention strategy is not recommended for HIV-positive men as they are already infected. Circumcision cannot stop an HIV-positive man infecting or re-infecting a partner. Wound healing may take longer in HIV-positive men
- ⦿ SMC has other health benefits for HIV-positive men and a session with a health care worker is recommended to understand more



# HOW LONG IS THE RECOVERY PROCESS?



# DISCUSS THE RECOVERY PROCESS WITH CLIENTS

- ⌚ Complete recovery will take you about 6 weeks
- ⌚ After the procedure you should return home and rest for one or two days as this will help the wound to heal
- ⌚ You may bathe on the day after the surgery but must not let the dressing get wet
- ⌚ You should not have sexual intercourse or masturbate for 6 weeks. The wound must heal completely before sex



**WHAT SHOULD  
YOU EXPECT AFTER  
THE PROCEDURE?**



# **EXPLAIN WHAT THE CLIENT SHOULD EXPECT AFTER THE PROCEDURE**

- ⦿ The risks to you, in getting circumcised by a qualified doctor in a sterile health facility, are very low
- ⦿ However, you should expect a little pain or swelling where the wound is. Watch that it does not get worse, a small amount of pain that does not get worse is normal
- ⦿ Take the medication prescribed to you by your doctor
- ⦿ Look out for the following signs after the operation:
  - Bleeding that does not stop or gets worse
  - Severe pain
  - Difficulty or inability to pass urine
  - Pus discharging from the wound
  - Increased swelling
  - A fever within one week of surgery
  - Severe lower abdominal pain
- ⦿ If you experience any of these symptoms return to the health care facility immediately for further help



**WHEN CAN YOU  
START HAVING  
SEX AGAIN?**





# **INFORM CLIENT WHEN HE CAN START HAVING SEX AGAIN**

- ⌚ The doctor will advise you about your personal healing progress during your follow up visits
- ⌚ Whilst you are recovering from the procedure do not have sexual intercourse or masturbate for 6 weeks. The wound must heal completely before resuming sexual activity. Having sex before the wound heals completely increases the risk of HIV infection
- ⌚ Any injury to the penis can create an entry point for HIV
- ⌚ The speed of recovery depends on resting, caring for the wound, abstaining from sex and returning to the clinic if any problems arise
- ⌚ You may resume your normal sexual activity only after you receive confirmation of healing from your doctor



**WHAT IMPACT  
WILL SMC HAVE  
ON YOUR  
SEX LIFE?**



# **EXPLAIN WHAT IMPACT SMC HAS ON THE CLIENT'S SEX LIFE**

- ⌚ The impact will vary from person to person as sexual pleasure depends on a large range of factors such as age, alcohol consumption, fatigue and the feelings sexual partners have towards each other
- ⌚ There is no scientific evidence that SMC either increases or decreases sexual pleasure for either partner



# **HOW DO YOU PROTECT YOURSELF AND YOUR PARTNER AFTER SMC?**



# INFORM CLIENT HOW HE CAN PROTECT HIMSELF AND HIS PARTNER AFTER SMC

- ⦿ Remember that a circumcised man can still get HIV because SMC **does not provide complete protection.**
- ⦿ After circumcision you must continue to protect yourself by;
  - Testing for HIV regularly
  - Always using a condom
  - Being faithful to one partner
  - Abstaining from sex



**WHAT SHOULD  
YOU SAY TO  
OTHERS WHO  
WANT TO GET  
CIRCUMCISED?**





# TELL CLIENTS WHAT TO SAY TO OTHERS WHO WANT TO GET CIRCUMCISED

- ☉ You can explain that SMC can decrease their risk of HIV infection but it is only **partially protective**
- ☉ You can encourage them to go to a trained and experienced health care provider who offers counselling and HIV testing so that they can learn the benefits of this procedure
- ☉ You can also explain how a circumcised man is less likely to get infected by the Human Papillomavirus (HPV), a virus that causes cervical cancer in women
- ☉ Tell others that getting circumcised shows responsibility because it proves that they are taking a measure against HIV



**WE ARE GOING  
TO REMIND  
OURSELVES OF  
WHAT WE HAVE  
LEARNT TODAY**



# REVIEW WHAT WAS LEARNT TODAY

- ⦿ SMC does not provide complete protection against HIV, so circumcised men **CAN** still get HIV if they don't protect themselves
- ⦿ It lowers the risk of getting sexually transmitted infections (STI's)
- ⦿ Circumcised men find it easier to maintain penile hygiene and a circumcised man is less likely to get infected by the Human Papillomavirus (HPV), a virus that causes cervical cancer in women.
- ⦿
  - After circumcision, you must continue to protect yourself by
    - Testing for HIV regularly
    - Always using a condom
    - Being faithful to one partner
    - Abstaining from sex



# OPEN DISCUSSION



# OPEN DISCUSSION

- ⦿ Do you know your facts?
- ⦿ Do you have any concerns about the procedure?
- ⦿ So do you want to get circumcised now that you know the facts?



FOR MORE INFORMATION  
PLEASE CONTACT THE DEPARTMENT OF  
HIV/AIDS PREVENTION AND CARE ON  
**0800 600 700 / 3632237 / 711600**



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