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*Today, We Explain What Happens At  
Circumcision And The Healing Process.*

**What exactly happens to a man at  
circumcision?**

Before getting circumcised, a man, boy or parent of a male child should get clear information about the process of safe male circumcision (SMC) from a knowledgeable health worker. A married man should also discuss it with his sexual partner since they both need to abstain from sex for 6 weeks to allow full wound healing. At the health

## ANSWERING YOUR QUESTIONS ON SAFE MALE CIRCUMCISION

### Safe Male Circumcision Is A Simple, Painless Procedure

facility, information is given about the health benefits of safe male circumcision, healing, basic hygiene, behaviour after circumcision, and how to remain safe from HIV and STIs. The man is then allowed to decide to get circumcised at once or to wait till any other time.

Safe male circumcision is simple and painless. The medical worker checks the client to find out if he is fit for circumcision. If the client has any health complications, treatment is given before circumcision. If he is fit, the health worker cleans around the genitals with an antiseptic (substance which is applied to reduce the possibility of infection), and then gives a local anaesthetic (an injection to prevent pain). The foreskin is removed using clean surgical scissors. Bleeding is controlled, the wound margins are pulled together to ensure quick healing

and the wound is dressed to prevent germs and dirt from reaching the wound. The client gets painkillers to take away any possible discomfort. He can then dress up normally and walk back home on the same day.

**After how many days can I resume normal work after circumcision?**

After circumcision, a man can wear loose clothes and perform light tasks, especially if he does not have to walk fast and long distances. Men who sit in offices or run shops can continue working normally. For the first 3 days, a man should avoid work that might involve any objects rubbing against the wound.

**What kind of water should I use for bathing after circumcision?**

After circumcision, it is okay to bathe. Ensure that water does not pour on the wound dressing. The health worker will advise on when to remove the dressing. You will then be advised on how to clean the wound after the dressing has been removed.

**What causes bleeding during circumcision?**

Bleeding after circumcision can be a problem. It is common when circumcision is not done in a health facility. Every male should be circumcised in a health facility where bleeding can be controlled.

*Next week, we shall explain safe male circumcision, religion and HIV prevention.*

**For more information, call for free on 0800200600 or send email to: [understandingmmc@gmail.com](mailto:understandingmmc@gmail.com)**