



# CARING FOR YOUR WOUND AFTER BEING MEDICALLY CIRCUMCISED

This information sheet is designed to help you in caring for your wound after you have been circumcised. Please read this very carefully and follow the advice provided as it is important to prevent your wound from getting infections and ensure your full recovery. This information sheet only provides advice or guidance. If you experience any complications please visit your local clinic. At the end of this brochure your service provider will indicate the dates for your follow-up visit to your local clinic.

**To receive FREE regular tips on how to care for your wound send an sms to the following numbers:**

- Vodacom - \*140\*071 454 9042# • MTN - \*121\*071 454 9042#
- Cell C - \*111\*071 454 9042# • 8ta - \*140\*071 454 9042# • Virgin - \*125\*071 454 9042#



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## VERY IMPORTANT!!

You must not have sex or masturbate for 6 weeks after your circumcision. This is to ensure the wound fully heals. If you do have sex before the wound has healed this could damage the wound and result in an infection. It also puts you and/or your partner at high risk of getting HIV and/or sexually transmitted infections (STIs).

## REMEMBER

- Male circumcision does not fully protect you from HIV and STIs even after the wound has healed.
- For maximum protection use a condom and stick to one partner whose HIV status you know.
- Condoms also help to prevent unwanted pregnancies.

## YOUR CLINIC IS THERE TO CARE FOR YOU!

You must go to your clinic on day 2 and day 7 after your circumcision. This will allow a doctor or a nurse to check whether your wound is healing properly. If you experience excessive pain or bleeding before the time or have any concerns please contact your clinic/service provider as soon as possible.

## REMOVING YOUR BANDAGES (WOUND DRESSING)

To remove your bandages find a container (cup, yoghurt container) that you can use. Clean the container by rinsing the container with boiling water. This will help to prevent germs or bacteria that may be in the container from infecting your wound.

After you have rinsed the container dissolve 2 teaspoons of salt in a cup of luke warm water (not boiling or hot) and place your penis into the container with the salt and luke warm water.

Allow it to soak in the water until the bandages become loose.

Gently remove the bandages ensuring that you do not pull on the stitches or damage the wound.

Once you have removed the bandages wash out the container using soap and hot water. Cover it with a plastic bag and put it in a place where it will not get dust as this will help to prevent infections.



## BLEEDING:

You might see some blood through the dressing after your circumcision but this is normal. If there is bleeding after removing your bandages, hold your penis in your hand take a clean face cloth and apply pressure to the bleeding area for 10 – 15 minutes. Check to see if bleeding has stopped. If bleeding continues and is severe visit your local clinic/service provider as soon as possible.

## CARING FOR YOUR WOUND

Once the bandages have been removed it is recommended that you clean your wound at least twice a day immediately after showering or bathing to prevent the wound from getting infections.

- Clean the container by rinsing the container with boiling water every time before cleaning your wound. This will help to prevent germs or bacteria that may be in the container from infecting your wound.
- Wash your hands before starting to clean your wound.



- Dissolve two teaspoons of salt into a cup of warm water (not hot or boiling).
- Take a clean face cloth and dip it into the cup with the salt solution and gently wipe an area of the wound. Rinse the cloth in warm water before wiping the next area.
- Make sure that you wipe properly around stitches without pulling them in order to prevent any infection or complications. This will prevent germs being transferred from one area to another and will help to prevent infections.
- Once you have cleaned your wound wash out the container using soap and hot water. Cover it with a plastic bag and put it in a place where it will not get dust as this will help to prevent infections. When your wound has fully healed clean the container with soap and hot water before throwing it away.
- The wound should remain clean and dry every day.

## KEEP YOUR PENIS FACING UPRIGHT (TIP POINTING TOWARDS THE NAVEL) FOR AT LEAST SEVEN DAYS:

Briefs (a type of underwear) will help to keep your penis in the correct position. Do not wear boxer shorts as your penis will hang loose and may rub against the fabric irritating the wound.



### **CLOTHING AND HYGIENE:**

Wear clean underwear everyday as this will help you to avoid infections.

### **CARING FOR YOUR STITCHES:**

Your stitches will start falling out between 2- 4 weeks after the operation. Do not pull at your stitches when they start falling out - let them fall out on their own or else you could damage the wound and get an infection.

## **THINGS TO LOOK OUT FOR AND HOW TO APPROACH THEM**

### **INFECTION, DISCHARGE OF PUS, INCREASED PAINFUL SWELLING, INABILITY TO PASS URINE OR PAINFUL URINATION:**

Please return to your clinic so that they can check whether there is an infection that needs further care.

### **MANAGING PAIN:**

Some pain after your circumcision is normal. After the operation you were provided with pain killers. You should take the tablets as you were told by the clinic. If pain is still excessive please contact your clinic for further advice.

### **SWELLING:**

This is normal immediately after the operation. The swelling should go down with time. If the swelling gets worse, increases or if there is pus or oozing this could be a sign of an infection in which case visit your clinic to have it checked.

### **ERECTIONS:**

It is normal for young men to get erections at night which is often related to the need to urinate which may result in pain and discomfort. To help avoid erections urinate before going to bed and a few times during the night. Do not lie on your back, but on your side. It may be helpful to draw your knees up towards your chest. It is important for you and your partner to talk about not having sex for six weeks after your circumcision or till the wound has fully healed to prevent the possibility of infection.

**NB: IF YOU NOTICE ANY PROBLEM OR UNUSUAL HEALING PROCESS, DO NOT HESITATE TO GO TO YOUR CLINIC FOR FURTHER EVALUATION.**

Name of closest clinic: \_\_\_\_\_

Contact Number for emergencies: \_\_\_\_\_

Date of follow-up visit at local clinic: \_\_\_\_\_

Date of follow-up for next visit (to be provided by local clinic): \_\_\_\_\_

Stamp of service provider: \_\_\_\_\_

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