


# MALE CIRCUMCISION (MC)

INFO BOOKLET



HEY CHARLES,  
YOU'VE HAD AN MC.  
CAN I ASK YOU SOME  
QUESTIONS?

NO PROBLEM,  
MOSES. I'LL TELL  
YOU EVERYTHING  
YOU NEED TO  
KNOW!

**Be Smart!** There is a lot of talk about **MC**, but it is important to know the facts. This booklet can help you learn what you need to know! Read on and hear **Moses** and **Charles** discuss what MC is all about, the benefits and risks, and what happens when a man goes for MC. If you still need to know more, talk to a counselor or health provider!



# MALE CIRCUMCISION (MC)



**Male Circumcision (MC) is the removal of the foreskin from the head of the penis.**

MC is one of the **oldest** and **most common** medical procedures in the world. It has often been done in **traditional** settings, with groups of young men receiving circumcision at the same time. MC can be performed from just after birth to adulthood. Newborn MC is a **simpler** procedure. Generally, it has a quicker **recovery time** and has **fewer complications**. MC is done with **local anaesthetic**, a pain prevention injection, which reduces pain significantly. MC can also be done with **general anaesthetic**, in which the client is put to sleep.

# BENEFITS



WHY WOULD A GUY WANT TO HAVE HIS FORESKIN REMOVED?

MC KEEPS THE PENIS **CLEAN** AND CAN REDUCE THE RISK OF **STI'S**.

## MC can help prevent HIV, but does not provide 100% protection.

Research throughout Africa shows that MC provides **some protection** against HIV. However, MC does **not** provide **100% protection**. The researchers estimate that a man who is circumcised appears to be **60% less likely** to get HIV. In the research trials, thousands of men were divided into two groups — one group was circumcised and one group was not. After two years, circumcised men had less HIV, showing that MC offers some protection. Men who are circumcised are also less likely to get **STI's** such as syphilis and chancroid. MC also gives some protection against **penile cancer** and — in infants — **urinary tract infections**. Also, women whose partners are circumcised are less likely to get **cervical cancer**.

However, MC is not 100% protection and it is still **possible** to get HIV or other STI's **after** MC. MC is a **surgical procedure**, and there are some **risks**. Risks include a **reaction** to the pain medications and **infection**. MC services provided by a trained health provider is a very **safe** procedure, and complications are rare. Most patients don't have any problems. The typical problems encountered include:

- Pain
- Bleeding
- Swelling
- Reaction to the medicine
- Infection

# MC AND HIV



## The removal of the foreskin makes it more difficult for HIV to enter the body.

The inside skin of the foreskin is **soft** and **moist**. Near the surface of the foreskin are special cells called "**target cells**" that allow HIV to infect a person. The amount of these "target cells" in the foreskin is **higher** than in any other surface of the body. Also, during sex the foreskin is more likely to get tiny **tears** or **sores** that allow HIV to enter the body more easily. MC removes this vulnerable area, and removes the "target cells". After MC, the skin on the head and shaft of the penis becomes **thicker** and is **less likely** to tear.

# MC PROCEDURE



TELL ME MORE ABOUT THE PROCEDURE.

A TRAINED PROVIDER DOES THE PROCEDURE IN LESS THAN ONE HOUR. THERE'S A BIT OF PAIN, BUT IT GOES AWAY QUICKLY.

## It is always important to know your HIV status.

Someone considering MC should definitely know whether he is positive or negative. Knowing your **HIV status** before MC assists in maximizing **health benefits** that MC provides. Clients who decline the test but still want an MC must be respected for their decision and referred to MC provider. MC is **not recommended** for HIV-positive men.

## A clinical assessment is done before each procedure.

It is necessary for the MC provider to do a **clinical examination** of the genital area and the penis to rule out any active or recent **genital disease**. If there is active disease, it must be **treated** before any MC can be done.

## After the injection of local anaesthetic, the MC procedure can be done without any pain.

An injection of **anaesthetic medicine** is given into the base of the penis to make it go numb, so that **no pain** is felt while the foreskin is cut off.

## Partners should feel open about discussing MC with each other.

You can mention to your partner that you have heard about MC lately and you want to know what your partner thinks. You should both be aware of the **benefits, risks**, and the **6-week** waiting period. **Couples counseling** is a great way to discuss MC with someone who can help.

# RECOVERY



## It is important to keep the wound area clean and dry until the 2-day review.

It is important to keep the body **clean** by washing without getting the dressing wet. Clients can take **painkillers** if they feel uncomfortable. Some clients have **frequent erections** for a day or two and may feel some pain. Passing urine can help relieve the pain. The client should come back **two days** after the procedure so the dressing can be removed. If there is any problem at all after MC, clients should contact the **clinic** or go to the nearest **health care provider**.

## Clients must wait for six weeks before having sex or masturbating to give the wound a chance to heal properly.

After the dressing is off, the wound begins to heal. Clients should not have **sex** or **masturbate** for **six weeks** after MC because it takes time for the wound to **heal** completely. If the client has sex too early, the wound can be **damaged** and take even longer to heal. MC does **not** provide **100% protection**. After MC one should still **protect** himself and his partner by using a **condom**. Other prevention methods include **abstaining** from sex and being **faithful** to a partner who is faithful and HIV negative.

For more info call  
**3958**



IF YOU ARE INTERESTED IN MC, IT IS IMPORTANT TO FIND A **PROVIDER** WHO HAS BEEN **TRAINED** IN MC AND OFFERS COUNSELING AND A **SAFE, CLEAN** ENVIRONMENT. CONTACT **SOCIETY FOR FAMILY HEALTH (SFH)** AT **3958** FOR MORE INFO.



Ministry of Health



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