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with your name and surname to:

30869

and one of our representatives will be in contact.

CARING FOR YOUR WOUND

MEDICAL MALE CIRCUMCISION

health

Department:
Health
REPUBLIC OF SOUTH AFRICA

CDC

THE AURUM INSTITUTE

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).

Wrap it up!

- Male circumcision does not fully protect you from HIV and STI's 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.

Follow up!

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

Be sure your to wash your hands.

48hrs

To remove your bandages find a container (cup) that you can use. Clean the container by rinsing it with boiling water. This will help prevent germs or bacteria to not spread and not infect 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 gently place you penis into the container with the salt and luke warm water.

Allow it 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.

Bleeding

You might see some blood through the dressing, but this is normal. If there is bleeding after removing the bandages, hold your penis and take a clean cloth to apply pressure to the area for 10-15 minutes. If bleeding continues or is severe visit your local clinic/service as soon as possible.

Caring for your wound.

It is recommended that you wash your genitals gently with the weak salt solution three times a day. Remember to always wash your hands before cleaning your wound.

It is important to keep the wound dry and clean every day

UP! UP! UP!

Keep your penis facing upright for at least seven days after your circumcision.

Briefs (a tighter underwear) will help to keep your penis in the correct position. Avoid boxer shorts as they do not offer support and your penis might rub against the fabric and irritate the wound.

WEAR CLEAN WASHED UNDERWEAR to avoid infections

Caring for your stitches.

Your stitches will start dissolving on their own after 2 - 4 weeks after your circumcision. DO NOT pull at your stitches you could damage the wound and get an infection.

Managing Pain

Some pain after the circumcision is normal. After the operation you were provided with pain killers. You should take the tablets as you were told by the clinic, or follow dosage instructions. If pain is still excessive please contact your clinic for assistance. Do not take more than 6 tablets per day.

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 a bad odour, 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.

3.1 Million Men have already opted for MMC