

# Having a circumcision under general anaesthetic

Department of Urology

Information for Patients

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## What is a circumcision?

Your doctor has recommended that you have a circumcision. This is the removal of the foreskin of your penis. Your circumcision is planned to be done whilst you are asleep (under general anaesthetic). We may send your foreskin to the laboratory to be looked at under a microscope.

## What are the benefits?

- If your foreskin has been causing you problems, these issues will stop.
- There is a lower chance of getting an infection in the tip of the penis (glans).

## Are there any possible complications?

As with all procedures, there are possible risks:

- **pain, bruising and bleeding.** Your penis may become quite bruised and sore. The bruising should start to go down after a few days. The end of your penis can feel very sensitive. This may go on for some weeks. This will get better with time.
- **wound infection** which may need treatment with antibiotics.
- **a problem with the anaesthetic.** For example you may have a reaction to the anaesthetic which causes nausea, vomiting or dizziness.

**You will have time to talk about any risks with the doctor and nursing staff before you consent to having this procedure.**

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Are there any other treatments?

In some cases there are other treatments you can have. Your doctor will have talked to you about any other procedures that may be better for you.

We are able to use local anaesthetic instead of a general anaesthetic. This is where you would be awake during the procedure. Please talk with your doctor if you have any questions.

## Preparing for your procedure

**Please read the following information:**

- If you are ill, or cannot keep your appointment for another reason, please let us know as soon as possible. This will let us see other patients.
- If you feel worried or nervous and want to talk to someone, please contact the nurse on the Day Case Unit.

**Contact the hospital where you are booked to have the procedure:**

Leicester General Hospital (Monday to Friday, 9am to 6pm): **0116 258 4192 (Day Case 1)**  
**0116 258 8130 (Day Case 2)**

Loughborough Hospital Day Surgery Unit (Monday to Friday, 8am to 6pm): **01509 564406**

Melton Hospital Day Surgery Unit (Monday to Friday, 8am to 5.30pm): **01664 854904**

Outside these hours contact Urology Emergency Admissions on **0116 258 4247** (24 hours).

## What happens before my procedure?

- We will see you at a pre-assessment clinic at some point before your procedure. We do this to make sure you are fit for day surgery. The nurse will go through your paperwork with you. They will tell you about your procedure.
- We will tell you about the consent form. You will need to sign it to give permission for the surgeon to happen. This appointment is a good time to ask any questions you may have. Please write these down if that will help remind you.
- We may need to carry out some tests. This depends on your general health and age. We will talk to you about this. These test may include an electrocardiograph (heart tracing / ECG), screening swabs and blood tests.
- Please bring it with you any you are taking medication.

## What arrangements do I need to make before my procedure?

Before you can have your procedure you will need to plan the following things:

- You must be collected by a responsible adult after the procedure. They must take you home in a car or taxi.
- You must have a responsible adult at home with you for at least 24 hours after your procedure.
- You must have a phone at home.
- You **must not** drive, cycle, operate machinery or drink alcohol for at least of 48 hours (2 days) after your procedure.
- **Driving after an anaesthetic is a criminal offence and will affect your insurance cover.**

## What do I need to do before my procedure?

- Read your admission letter carefully.
- Do not eat or drink anything from the time stated in your appointment letter.
- Do not wear contact lenses.
- Do not wear any jewellery, except for a wedding ring.
- Do not bring any valuables with you into hospital. We cannot accept responsibility for loss or damage to personal belongings.
- Have a bath or shower before you come into hospital.
- Wear comfortable clothing and footwear to go home in.

## What do I need to bring with me on the day of my procedure?

You must bring:

- **your appointment letter.** The time you need to arrive to the hospital is not the time of your procedure. The surgeon needs to see you before the start of their list. You may be waiting between 2 to 4 hours before your turn.
- **any drugs, medicines or inhalers you are using.** Please take your medication before attending. The pre-assessment nurse will advise you when you should take your medication.
- a contact number for your lift home.
- a dressing gown and slippers, if you have them.
- something to do while you are waiting, such as a book or magazine to read.

## What will happen while I am on the Day Case Unit?

You will need to come to the Day Case Unit and report to reception. We will check your details. We will direct to the ward or to the waiting room where a nurse will come and get you.

### **There will be a wait before your procedure.**

The nurse will talk to you about your procedure. You can ask questions here.

You will meet one of the surgical team. They will ask you to sign a consent form. If there is anything you are concerned about or do not understand, please ask your surgeon before you sign the form.

The anaesthetist will visit you. This is the doctor who will look after you while you are asleep.

The nurse will tell you when to change into your theatre gown. They will then take you to the operating theatre.

## What happens after my procedure?

We will return you to the ward. The staff will make sure you are comfortable and give you refreshments. If you have any discomfort or feel sick, please let the staff know so they can help you.

You will recover on the ward until your nurse is happy that you are well enough to go home. You will need to have something to eat and drink before you can go home.

Sometimes some patients may need to stay overnight. If your doctor or nurse feels that you need to stay overnight, they will explain the reason to you.

## Wound care

Your wound will have dissolvable stitches. This means they do not need to be removed. Your surgeon may also have put a gauze dressing over the wound. This may fall off after a few hours.

You should keep the wound dry for 48 hours (2 days). After this you can bath or shower as normal. You can also remove the gauze if it has not already fallen off. After your bath or shower, gently rinse the wound with clean water, but do not rub the wound. Then carefully pat it dry with a clean towel. Wearing close-fitting underwear will help to support the wound.

Always keep the wound clean and dry. Do not touch or pick the stitches. The healing process will take between 1 and 2 weeks. Your stitches can take up to 4 weeks to dissolve.

Bruising and slight redness around the wound is usual. This does not affect healing. If you see more redness, swelling or discharge from the wound, contact the Day Case Unit for advice.

## More advice to follow:

- **Pain:** you may have some pain after your procedure. You will need to buy some painkillers such as paracetamol. Ask a pharmacist if you need advice about this.
  - Take painkillers when the pain starts. Do not wait for it to get really bad.
  - Take painkillers before you go to sleep so you are able to rest.
  - If your pain is very bad take the painkillers regularly (4 times a day). This is so it keeps your pain under control.
  - Take painkillers when you wake up. This is so it starts working before you get out of bed.
  - Painkillers can cause constipation. Make sure to drink plenty of water and eat some foods high in fibre such as fruit, vegetables and cereals.
  - Everyone is different. Do not be surprised if you are still having some pain for up to 2 weeks. This is quite normal.
- **Driving:** you **must not drive for 48 hours** after a general anaesthetic. You will not be covered by your car insurance. Do not drive until you can keep control of your car in an emergency. You should contact your insurance company if you are not sure.
- **Work:** it is usual to return to work 2 to 3 days after surgery. However this depends on your job.
- **Sex:** avoid sexual activity until your wound is completely healed. This could be about 4 to 6 weeks after the procedure. You may notice altered sensation at the end of your penis. It may be more sensitive to start with, but become less sensitive as the skin heals.
- **Physical activity:** do not do too much too soon. It is usual to feel some aches and pains for a few days. This can be up to 2 weeks. Avoid tiring activities, contact sports and heavy lifting for at least 2 weeks.
- **Holidays:** flying too soon after a procedure can increase the chance of problems. You may not be covered by your insurance. Please talk about this with your insurance company.

## Contact details

If you have any concerns or questions contact us using the following phone numbers:

### Booking clerks

(for enquiries about appointment times and dates)

Phone: 0116 258 8268  
Monday to Friday 9am to 4pm

### Urology Assessment Centre (answering machine)

Phone: 0116 258 4632  
Monday to Friday 8:30am to 4:30pm

### Ward 28 / 29 ( if you feel unwell)

Phone: 0116 258 4247 (24 hours)

### Urology Nurse Specialists

Phone: 0116 258 4635  
Monday to Friday 9am to 5pm

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)