

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. Circumcision is removal of your foreskin. Your circumcision is planned to be done whilst you are asleep (under general anaesthetic). Your foreskin may be sent to the laboratory to be looked at under a microscope.

What are the benefits?

If your foreskin has been causing you problems, these will no longer occur, and there is less chance of infection on the glans (the part of the penis usually covered by the foreskin).

Are there any possible complications?

As with all procedures, there are possible risks. These include:

- pain, bruising and bleeding. Your penis may become quite bruised and sore. The bruising should start to go down after a few days.
- 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 discuss 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
or call 111 for non-emergency medical advice**

Visit 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

Are there any alternatives?

In some cases there are alternatives to circumcision. Your doctor will have discussed any alternative procedures with you if they might be of benefit. It is sometimes possible to use a local anaesthetic (where you would be awake during the procedure) instead of a general anaesthetic. Please discuss this with your doctor.

Preparing for your procedure

Please read the following important information:

- If you are ill, or cannot keep your appointment for some other reason, please let us know as early as possible. Another patient may benefit from the cancellation of your appointment.
- If you feel worried or nervous and want to talk to someone, please feel free to contact the nurse on the Day Case Unit.

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

Leicester General Hospital (Mon to Fri - 9am to 6pm):	0116 258 4192 (Day Case 1) 0116 258 8130 (Day Case 2)
Loughborough Hospital Day Surgery Unit (Mon to Fri - 8am to 6pm):	01509 564406
Hinckley & District Hospital Day Surgery Unit (Mon to Fri - 8am to 5.30pm):	01455 441845
Melton Hospital Day Surgery Unit (Mon to Fri - 8am to 5.30pm):	01664 854904

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

What happens before my procedure?

You will be seen in a pre-assessment clinic at some point before your procedure, to make sure you are fit for day surgery. At this appointment the nurse will go through your paperwork with you and you will be given information about your procedure.

We will tell you about the consent form that you will be asked to sign to give the surgeon permission to carry out your procedure. This appointment is a good time to ask any questions you may have; please write these down if that will help remind you.

Depending on your general health and your age, we may need to carry out some tests. These will be discussed with you, and may include an electrocardiograph (heart tracing / ECG), screening swabs and blood tests.

If you are taking any medication, please bring it with you.

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, who must take you home in a car or taxi after your procedure.
- You must have a responsible adult at home with you for at least 24 hours after your procedure.
- You must have a telephone at home.
- You **must not** drive, cycle, operate machinery or drink alcohol for a minimum of 48 hours after your procedure.
- **Important: 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?

- **Your appointment letter.** The time you are given to arrive is not the time of your procedure. The surgeon needs to see you before the start of their list, so you may be waiting between 2 to 4 hours before your turn.
- **Any drugs, medicines or inhalers you are using.** Please take your necessary 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.
- Bring 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 should come to the Day Case Unit and report to reception. Your details will be checked and you will be directed to the ward or to the waiting room where a nurse will collect you.

Expect there to be a wait before your procedure.

The nurse will talk to you about your procedure and ask you a few questions.

You will meet one of the surgical team who 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.

You will also be visited by the doctor who will look after you while you are asleep (anaesthetist).

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

What happens after my procedure?

You will return to the ward and staff will make sure you are comfortable, and provide you with 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.

Very occasionally, 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 (so they will not need to be removed). Your surgeon may also have put a gauze dressing over the wound, which may fall off after a few hours.

You should keep the wound dry for 48 hours, after which you can bath or shower as normal and you can 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 be tempted to touch or pick the stitches. The healing process will take between 1 and 2 weeks, and your stitches can take up to 4 weeks to dissolve.

Bruising and slight redness around the wound is usual and will not affect healing. If you notice any increasing redness, swelling or discharge from the wound, contact the Day Case Unit for advice.

Further 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) so they keep your pain under control.
 - Take painkillers when you wake up, so they start working before you get out of bed.
 - Painkillers can cause constipation, so 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:** depending on your job, it is usual to return to work 2 to 3 days after surgery.
- **Sex:** avoid sexual activity until your wound is completely healed, which 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, and for up to 2 weeks. Avoid strenuous activity, contact sports and heavy lifting for at least 2 weeks.
- **Holidays:** flying too soon after a procedure can increase the chance of problems, and you may not be covered by your insurance. Please discuss this with your insurance company.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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