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CIRCUMCISION & FRENULOPLASTY

Providing Specialist Care in South Australia & Northern Territory

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What is a Circumcision and Frenuloplasty?

A circumcision is an operation that removes the foreskin. The foreskin is the sleeve of tissue that covers the head of the penis. The usual reason for doing this is for scarring of the foreskin that makes it uncomfortable or painful to retract. It may be so tight in some men that it cannot be retracted at all. A frenuloplasty is a procedure that changes the penile frenulum usually to alleviate restriction.

A general anaesthetic or high level of sedation is usually given for this procedure, but other forms of anaesthesia are available if indicated. A local anaesthetic nerve block is usually used at the time of the procedure to help with post-operative pain relief. After removal of the foreskin, fine sutures are used to join the edges of skin together just below the head of the penis (glans).

A circumcision is usually a day procedure which means that an overnight stay is not required.

Preparation for your procedure

We will provide you with instructions regarding all aspects of preparing for your operation.

- *Pre-operative blood and urine tests.*
- *Details of admission to hospital.*
- *Information regarding fasting and medications.*

What to expect afterwards

In recovery, staff will make sure you are comfortable. Pain relief will be offered and given if required, and you will be offered something to eat and drink. There will be a light dressing over the penis. Once you are awake, comfortable and have passed urine then you are able to go home. A script for pain relief will be given for you to take with you.

Complications

This is a safe operation, however you should be aware of the potential risks;

- Infection <5%
- Bleeding / haematoma <5%
- You may notice some bruising at the operation site but significant bleeding is very uncommon.
- Any other sort of complication such as an injury to the urethra would be extremely rare.

After discharge from hospital

Please take things quietly for the first 24 hours after surgery. The dressing can be removed the following day. This can be done in the shower. You can wash gently the wound area as soon as the dressing has been removed.

Soap and tap water are entirely adequate. Salted water is not necessary. You can shower or take a bath as often as you want. Don't scrub the wound, pat the wound/s dry with a towel. Wear a pad to keep your underpants clean.

After discharge from hospital continued.

There may be some purple bruising around the wound which spreads downwards by gravity and fades to a yellow colour after two or three days. This is expected and you should not worry about it.

There may also be some swelling of the surrounding skin which also improves in two to three days. After seven to ten days crusts on the wound will drop off.

The stitches take 2-3 weeks to dissolve. You may see a scab form at the wound site. This will gradually fall off. You should wait until the sutures dissolve before recommencing sexual activity. A condom may help with comfort when resuming sexual activity.

Driving

You should not drive for 24 hours after having sedation/ anaesthetic
(or as instructed by your Urologist).

Patients who are travelling outside the metropolitan area are required to check when they are able to travel, and will be required to stay in the metropolitan area for 24 hours (or as instructed by your Urologist).

Emergency Contacts

In the event of an emergency, please call our office within business hours. If assistance is required out of hours, please call our On-Call Urologist via our Tennyson office OR present to your nearest Emergency Department.

Ashford Hospital

55 Anzac Highway, Ashford SA 5035 8375 5205 Until 10:00 PM

Flinders Medical Centre (access to Flinders Private Hospital)

Flinders Drive, Bedford Park SA 5042 8204 5511 24 Hours

Calvary Adelaide Hospital

120 Angus Street, Adelaide SA 5000 8227 7027 24 Hours

Royal Darwin Hospital

Rocklands Drive, Tiwi NT 0810 8922 8888 24 Hours

**For patients outside the Metropolitan area, please present to your nearest hospital emergency department.

Follow up

A follow up appointment will be planned for about 2-3 weeks post operatively.

If you have any concerns after your procedure, then please contact us at Urological Solutions.

The content provided within this document is intended as a guide only and does not apply to all patients. Additional information, including patient specific potential risks, must be obtained during consultation with your Urologist.