

MALE CIRCUMCISION (MC)

TAKE-HOME BOOKLET

HEY
CHARLES, I
TOOK YOUR
ADVICE AND
WENT FOR
MC!

GREAT,
BUT HERE IS
SOME **IMPORTANT**
INFO YOU NEED
TO REMEMBER!



You've made an important choice to go for **MC**. There are **two important issues** which require you to take control and responsibility. First is the **healing process**. The time it takes to recover is partially up to you. Second is **protecting** yourself and your partner. Being circumcised helps, but it's still up to **you** to protect yourself and your partner.



HEALING

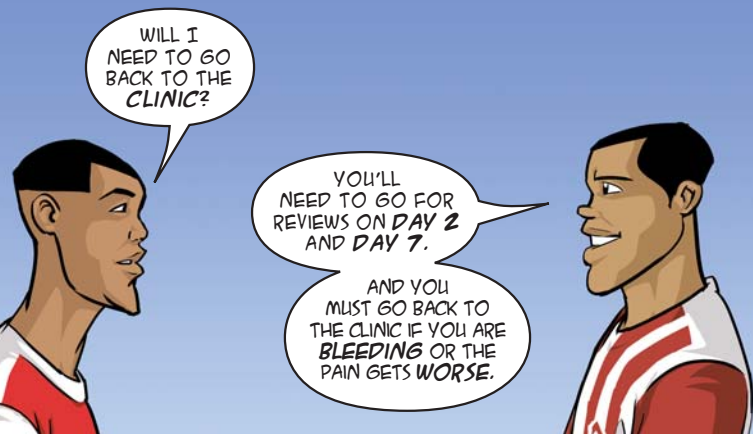


Proper care and attention can help you heal faster.

Follow this advice and contact the clinic if you have any concerns.

- After your MC, **rest** for one or two days. This rest will help the wound **heal**.
- You may **bathe** on the day after your MC, but do not let the dressing get **wet**.
- Return to the clinic **two days** after your MC to have the dressing **removed**.
- Do not **pull** or **scratch** the wound or the sutures while it is healing.
- You may have a little **pain** or **swelling** where the wound is. This is normal, but if it does not begin to feel better after a **few days**, come back to the **clinic**.
- **Erections** may cause some pain. Passing urine can help. Do not **masturbate**. Any pain from erections will go away after a few days.
- Take any **medication** provided by the clinic.

REVIEWS



It is important to come back for reviews.

Returning to the clinic for the **2-day** and **7-day** reviews is a good way to be sure you are healing properly. You will also receive more **counseling** on **protecting** yourself.

If you have any of these conditions, return to the clinic or call:

- **Bleeding** that does not stop or gets worse
- Severe **pain**
- Inability to **pass urine**
- **Pus** discharging from wound
- Increased **swelling**
- A **fever** within one week of surgery
- Severe **lower abdominal pain**

Do not have **sex** or **masturbate** for **6 weeks** or until the wound has healed **completely**. Even though your penis may **look** healed, it is still healing under the skin. Having sex too early can **delay** healing.

SEX AFTER MC



Once the wound has healed, you can have sex again.

This takes **6 weeks**. Remember that MC does **not** provide **100%** protection. It is still possible for a circumcised man to get **HIV**. Now that you are circumcised, continue to protect yourself by using **condoms** correctly and consistently, **abstaining** from sex, or being **faithful** to a partner who is both **faithful** and **HIV** and STI free. If a man is **HIV-positive** and has MC, he can still **infect** his partner.

SAFE SEX

DO I
STILL NEED TO
PRACTICE **SAFE
SEX** AFTER MC?

OF COURSE! AN
MC CAN **REDUCE** THE RISK
OF HIV AND OTHER STI'S, BUT
YOU MUST STILL PRACTICE **SAFE
SEX** TO **PROTECT** YOURSELF
AND YOUR PARTNER.



Condoms can help prevent pregnancy and sexually transmitted infections, including HIV.

Condoms are easily affordable and available. Consider scented, studded and female condoms as well. Many people **enjoy** sex more when they use condoms. They are able to **focus** on their sexual pleasure without **worrying** about unwanted pregnancy and STIs.

KNOW YOUR STATUS



It is important to know your HIV status before and after going for MC.

You may have taken an **HIV test** before your MC procedure. If not, you should consider it again now that you are **circumcised**. Knowing your status can help you better **plan** for your future. If you received an HIV test before your MC procedure, remember the discussion with your **counselor** and the **decisions** you made about your life. Consider getting tested **again** in a few months and remember that you are always welcome to return for more **counselling**.

For more info call
3958



IF YOU HAVE ANY CONCERNS AFTER YOUR MC, CALL YOUR **PROVIDER**. IF YOU ARE INTERESTED IN MORE INFO ON ANY OF THE TOPICS LISTED BELOW, CONTACT **SOCIETY FOR FAMILY HEALTH (SFH)** AT **3958** MORE INFO.

- Sexual and RH education and counselling
- STI prevention and treatment
- Family planning counselling and services
- HIV testing and counselling
- Infertility evaluation
- Cancers of the male RH system
- Alcohol and substance abuse counselling

