



# CIRCUMCISION IN LONDON

## Forceps Guided (traditional) method – Adults



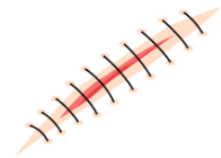
You can walk normal but no physical or sexual activity for at least 2 weeks. If the wound is not fully healed, this needs to be longer. This can be several weeks in some cases.



Apply Vaseline as we show you for 2 weeks



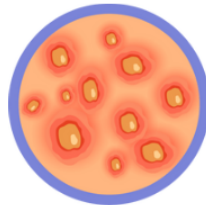
Shower daily only after 3 days. Dry the penis after the shower.



Sometimes we place stitches. They dissolve in 1-4 weeks. Don't worry if they open early. Even if the whole wound opens, just keep the wound clean and dry and it will still close by itself.



Swelling & redness is normal. It usually starts to come down gradually after 2 weeks but can sometimes take several months to completely subside.



Yellowish/ black crust is normal & will exfoliate naturally. This is NOT an infection, but is caused by the thermal cautery we use to stop bleeding.



Take Paracetamol to help with pain and discomfort. Always read the leaflet



A few drops of blood is normal. If there is continuous bleeding, apply pressure like in the video when you scan the QR code. If it does not stop, please contact us.

**Pain** – you may feel some discomfort or pain after the circumcision which is normal. This will vary from patient to patient and can last for several hours to several days. You can take Paracetamol (Always read the leaflet).



Scan on your phone camera to see an explanation video

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### **Continuous bleeding emergencies only:**

Please call **07888864428**. We ask you please be respectful of this number and only call in cases of continuous bleeding emergencies. For other enquiries or concerns, please call the normal clinic numbers during opening hours. In the rare event of not reaching us, please call 999. There is a video on the above QR code showing doctors how they can stop bleeding.