



CIRCUMCISION IN LONDON



Scan for
aftercare videos

FORCEPS GUIDED (TRADITIONAL) METHOD – ADULTS AFTERCARE INSTRUCTIONS

PHYSICAL & SEXUAL ACTIVITY

- Walk normally, but avoid running, jumping, or strenuous physical activity for **at least 2 weeks**.
- **No sexual activity**, including masturbation, for **at least 2 weeks**.
- After 2 weeks, if the wound appears healed, you may **gradually return to normal activities**.
- If the wound is **not fully healed**, physical and sexual activity must be delayed for longer.
- Wound healing can take **2–6 weeks** in some cases.



USING VASELINE

- Apply Vaseline **exactly as shown to you** for **2 weeks**.
- Wear **snug-fitting underwear** to keep the penis supported and still.
- Reduced movement means **less friction** and a **lower risk of bleeding**.



CLEANING THE PENIS

- **Do not wipe, rub, or scrub** the penis.
- If it looks clean, **leave it alone**.
- If visibly dirty:
 - Gently rinse with **running water** (shower).
 - This can be done briefly, even within the **first 3 days**, if necessary. Dry the penis after.

SHOWERING & BATHING

- Showering is allowed **after 3 days**. It is best to avoid soaking in a bath for a long time.
- Dab the penis dry with a soft towel after or leave to air dry.



PAIN CONTROL

- Some pain or discomfort after the procedure is **normal**.
- Pain levels vary between individuals and all reactions are normal. Some report mild discomfort whilst others report more severe pain.
- Take **Paracetamol every 4–6 hours**, up to a **maximum of 4 doses per day**.
- **Always read the leaflet** and follow manufacturer guidelines.



SWELLING & REDNESS

- Swelling & redness is normal
- Some swelling can take several months to completely resolve
- Keeping the penis up helps to reduce swelling

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Beverley Clinic
78 Beverley Drive
Edgware
HA8 5NE

020 8951 3794
0788 6779958

info@circumcisioninlondon.co.uk
www.CircumcisionInLondon.co.uk

Continuous bleeding emergencies only:

Please call **07888864428** (outside of working hours) or use the normal clinic numbers during working hours. 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 codes showing how to stop bleeding.

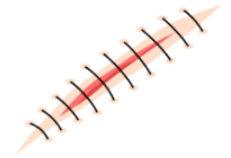
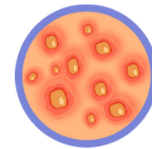
THE WOUND

You may have:

- Stitches, skin glue, or both.

Important information:

- Both **stitches and skin glue dissolve on their own**.
- Stitches usually dissolve within **1–4 weeks**.
- Skin glue typically comes off within **a few days** and may look crusty.



IF THE WOUND OPENS

- **Do not panic** — a strong erection can open the whole wound.
- **Inside the wound will appear yellow or black**. This is from the thermal cautery machine we use to stop the bleeding. It is **NOT** an infection. It will go gradually by itself.
- The wound will **heal on its own** and usually does not require further stitches or glue.
- Try to keep the wound edges together to support healing.

BURIED PENIS – IMPORTANT ONGOING CARE

- The head of the penis may appear partially or fully covered by skin due to a relatively prominent pubic area.
- **Daily care is essential** to prevent infection and skin adhesions:
 - Press down on the pubic area at the base of the penis.
 - Gently pull back the shaft skin to fully expose the head and lighter inner skin.
 - Clean and dry daily using normal tissue.
- When flaccid, the penis may appear to have excess skin; this is **normal** and is not excess skin. This skin is necessary to allow for comfortable erections.

BLEEDING

- A few drops of blood are normal.
- If there is continuous bleeding, press firmly on the wound for **10 full minutes without stopping**.
- Use a clean, thick tissue (for example, kitchen roll).
- Press firmly, the same way you would press on a cut finger to stop bleeding.
- You can scan the QR code to watch a video showing how to do this.
- If the bleeding does not stop after 10 minutes of firm pressure, call the clinic on **020 8951 3794**.
- If this happens outside working hours, call the emergency bleeding number: **078 8886 4428**.
- Please only use the emergency number for continuous bleeding emergencies.



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