



**Gentle
Procedures
Clinic**

Exceptional Care. Delivered Gently.

Adult Circumcision After-Care Guide



Adult circumcision at Gentle Procedures uses local anaesthetic, quick surgical technique and clear after-care to support safe, comfortable healing. You may feel tender, swollen and tired for a few days, but most men notice steady improvement each week. This guide explains what is normal, how to care for the wound, when you can return to work, sport and sex, and when to contact the clinic.

What happens in the first 24 hours?

- You may feel sleepy, light-headed or a bit sore once the anaesthetic wears off.
- You leave the clinic with a firm bandage around the penis; do not remove or re-wrap it yourself in the first 24 hours.
- Mild oozing that stains the gauze up to a few centimetres across is expected; active dripping blood is not.
- Pain is usually moderate and responds well to paracetamol or ibuprofen unless your doctor advises otherwise.
- Keep the penis upright in snug briefs or boxer-briefs to limit swelling and friction.
- Stay at home, keep walking to short distances around the house, and avoid lifting, bending and stairs where possible.

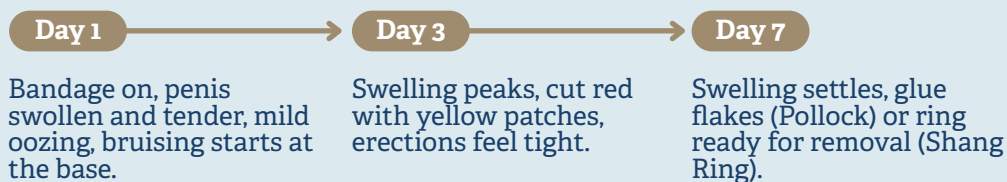
How do you look after the wound in the first two weeks?

- Your doctor reviews you on day 1 to check swelling and the first bandage.
- On day 2, the bandage is removed in the clinic and re-applied; you then change it yourself twice a day for about two weeks.
- At each change, place antibiotic ointment around the pre-cut gauze with a central hole, slide it over the penis, then secure it with the elastic Coban wrap as shown to you.
- You may shower after the first day if you cover the area with plastic and avoid direct water pressure; normal showers start after about a week, and baths from day eight.

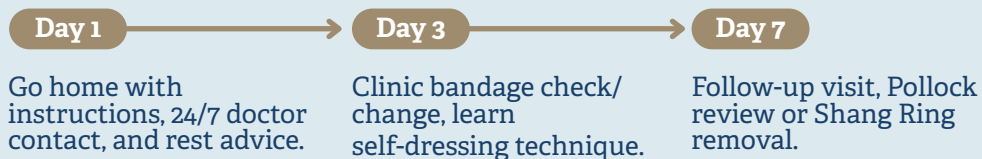
What is normal during healing?

- Swelling around the head and along the Shang Ring is expected and usually peaks in the first week before it settles.
- Bruising of the Shang Ring and scrotum is common, especially where the local anaesthetic was injected.
- The cut line often looks very red, with yellow or green-yellow tissue on top; this is healing tissue, not pus, if there is no spreading redness, severe pain or foul smell.
- Erections may feel tight or sore for a short time; this almost never harms the stitches, glue or ring.
- Urination can sting a little in the first day or two, then becomes more comfortable.

What your healing will look like



How we support your recovery



Signs that healing is on track

- Many men with office-based work return after a few days, once pain is under control and walking feels steady.
- Heavy manual work, long shifts on your feet or jobs that involve ladders, lifting or squatting often need at least 1–2 weeks off; ask your doctor for personalised guidance.

- Light walking is helpful early on, but running, gym, cycling, swimming and contact sports should wait until your doctor confirms the wound is strong, often 4–6 weeks.
- Sex and masturbation should wait until the skin has fully healed and tenderness has settled; most men are advised to avoid sexual activity for about six weeks.

How can you reduce night-time erections and discomfort?

- Erections are normal, but they can be uncomfortable while the wound is fresh.
- Limit drinks in the evening and empty your bladder just before bed to reduce pressure that can trigger erections at night.
- Some men set an alarm once at night to pass urine and prevent a very full bladder.
- Wear snug briefs to support the penis and keep it pointing up; this can make erections less painful.
- If advised by your doctor, a cold pack wrapped in a cloth or a cool shower can help reduce an erection and ease discomfort.

Frequently asked questions

How painful is recovery, really?

Most men describe soreness and tightness rather than sharp pain, and simple pain tablets are usually enough after the first day or two.

Will circumcision change sexual pleasure?

Many men report that sex feels more comfortable and easier to keep clean after healing; your doctor can discuss expectations in more detail at the consultation.

What if I am worried about how it looks?

Appearance changes over several weeks as swelling settles and the scar softens; your follow-up visits give you a chance to review healing and ask questions.

Can I drive myself home after the procedure?

Yes, most men drive themselves home as the local anaesthetic wears off slowly and does not affect alertness; arrange a driver if you prefer extra support.

When should you contact the clinic urgently?

- Bleeding that drips from the penis, runs along the Shang Ring, or soaks the dressing despite firm pressure for several minutes.
- Fever above 38°C, feeling very unwell, or chills.
- Rapidly increasing redness, heat, swelling or foul-smelling discharge around the wound.
- Severe pain that is not helped by the pain medicines suggested, or pain that gets worse instead of better.
- No urine at all for 8-12 hours, or great difficulty passing urine.
- Dark blue, black or grey colour of the head of the penis, or any sudden major change in colour or sensation.

Specialist adult circumcision care with an emphasis on safety, comfort, and respect at every step.



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