



**Gentle
Procedures
Clinic**

Exceptional Care. Delivered Gently.

Adult Circumcision Aftercare 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 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?

- 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.
- The cut line often looks very red, with yellow or green-yellow tissue on top; this is healing tissue.
- 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

Day 1

Bandage on, penis swollen and tender, mild oozing, bruising starts at the base.

Day 3

Swelling peaks, cut red with yellow patches, erections feel tight.

Day 7

Swelling settles, glue flakes (Pollock) or ring ready for removal (Shang Ring).

How we support your recovery

Day 3

We will ask you to send us clear photos of the healing area through a secure link sent via email, so the doctor can review your healing progress and flag any concerns.

Day 7

We will ask you to come in for an in-person appointment, so the doctor can remove the Shang Ring and check that the area is healing well.

Day 14

We will ask for another set of clear photos through a secure link sent via email, so the doctor can confirm healing is on track.

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?

- Limit drinks in the evening and empty your bladder just before bed to reduce pressure that can trigger erections at night.
- 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

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.

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.

When should you contact the clinic urgently?

- Bleeding that drips from the penis, runs along the Shang Ring, or soaks the dressing is not normal. Apply gentle but firm pressure for 20 minutes. If bleeding continues, contact us immediately.
- 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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