



Adult & Older Child Circumcision

Patient Information



**Gentle
Procedures
Clinic**



Dear patient or parent, thanks for visiting Gentle Procedures Perth.

This manual is for those who are considering having, or about to have, a circumcision procedure performed on either themselves or their son. Its purpose is to provide you with extra information about the process and procedure.

It's important you read this booklet thoroughly so that you are well informed about what to expect.

If you have any questions or concerns, please contact the clinic on 9286 9900 or info@gentleproceduresperth.com.au.

*** IMPORTANT :** If the doctor or nurse gives you specific advice that varies from what has been provided in this booklet, please follow the individual directions that you have been given.

Contact

 **Gentle Procedures Perth**

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460 Stirling Highway
Peppermint Grove
Perth, WA 6011

Opening Hours:

Monday – Friday 8am – 6pm;
Saturday 9am – 12pm; (consults only when Dr. avail).
Sunday 9am – 12pm; (subject to Dr. avail).

 **Telephone : 08 9286 9900**

 **Fax: 08 9286 9910**

 **For After-Hours Emergencies :**

Dr Richard Newton : 0429 621 995

 **General Enquiries :**

info@gentleproceduresperth.com.au

Website : www.gentleproceduresperth.com.au

Contents

Welcome	1
About Gentle Procedures Perth	1
About Dr Richard Newton	2
Getting Started	2
What is circumcision?	2
What is the ideal age for circumcision?	3
What are the potential benefits of circumcision?	3
What are the potential risks of circumcision?	4
The Procedure	5
Our caring team is always available	5
Patient Instructions	6
Before arrival at the clinic	6
At the clinic	6
The first 24 hours after the procedure	7
After day 1 & 2	8
After 1-2 weeks	9
What to watch out for	9
What To Expect After Circumcision	10
The healing process	10
The appearance of the penis after healing	11
Frequently Asked Questions.	11



Welcome

Our goal at Gentle Procedures in Perth is to provide the highest standards of patient care and surgical excellence. In keeping with this philosophy, and to ensure that you are properly prepared before your/your son's circumcision, we have produced this manual that we request you read with care.

About Gentle Procedures Perth

Gentle Procedures Clinic is the first circumcision clinic in Western Australia to use the revolutionary Pollock Technique™ of circumcision. Our private surgical rooms allow all ages of patient to access a circumcision or frenuloplasty promptly, avoiding long waits at local hospitals. Our patients come from far and wide, throughout Western Australia and the Northern Territory. Our team is highly experienced and skilled and caring.

About Dr Richard Newton

Dr Richard Newton is a Specialist General Practitioner with a wide variety of experience across many fields of medicine. This includes service as a military Medical Officer, and a rural and remote GP, in both the UK and Australia.

Having a strong background in surgery, Dr Newton has now made the latest technique for quick and virtually painless male circumcision a major focus of his practice. He trained in this procedure under Dr Neil Pollock, a foremost authority on circumcision. Dr Pollock resides in Vancouver, Canada. He is a clinical instructor at the Faculty of Medicine, University of British Columbia, and is an invited guest at many hospitals throughout the world. Dr Pollock has patented this particular technique, and other doctors performing circumcisions using this method must undergo rigorous assessment before practicing independently.

At Gentle Procedures Perth, we genuinely care about each and every one of our patients and their families as individuals. We appreciate that deciding upon a circumcision for yourself or your son is a big decision. We are dedicated to ensuring that you enjoy the best possible outcome, in the most convenient and comfortable manner.

Getting Started

What is circumcision?

Circumcision is a surgical procedure in which the foreskin that sheathes the head of the penis is removed. It is performed for preference, religious or cultural reasons, or for medical problems such as phimosis. Phimosis is where the foreskin has become tight and cannot be retracted easily.

Since the foreskin traps bacteria and other infectious agents, its removal may improve genital hygiene and reduce the risk of disease for both the patient and their current or future sexual partners. In 2012, the American Academy of Pediatrics issued a statement confirming that the health benefits of circumcision outweigh the risks.

Circumcision for you or your son is a personal decision. You must make this decision after carefully considering the various benefits and risks.

What is the ideal age for circumcision?

The ideal age is within the first six weeks of birth, as very small babies are less aware of the procedure. However, at our clinic we provide circumcision for males of all ages, for both medical and cultural reasons.

What are the potential benefits of circumcision?

- 1. Improved hygiene** – micro-organisms such as bacteria and fungi accumulate under the foreskin, which can lead to conditions such as balanitis (inflammation or infection of the head of the penis). The risk of balanitis after circumcision is at least halved. Smegma, which is a cheesy-like secretion, can also accumulate under the foreskin, not infrequently producing an offensive odour.
- 2. Reduced risk of urinary tract and bladder infections** – As micro-organisms can accumulate under the foreskin, bacteria have a greater chance of migrating up the urethra causing urinary tract infections (UTIs), especially in infancy. Studies suggest an over 10-fold decrease in risk of urinary tract infection in circumcised infants. UTIs are a potentially painful and dangerous condition, as they can result in kidney inflammation and scarring. Studies also suggest that the protection against UTIs from circumcision as a baby, continues into adulthood.
- 3. Eliminates risk of phimosis** – Phimosis is a condition where the foreskin becomes so tight that it cannot be pulled back fully, resulting in pain or even bleeding during intercourse. Phimosis also contributes to UTIs, balanitis, problems passing urine, and sometimes even kidney stones. Circumcision eliminates the risk of phimosis, which affects as many as 1 in 10 older boys and men.
- 4. Reduced risk of penile cancer** – Studies have shown an over 20-fold reduction in the risk of invasive penile cancer after circumcision.
- 5. Reduced risk of prostate cancer** – Uncircumcised men have a 1.6-2.0 fold higher risk of prostate cancer.
- 6. Reduced risk of HIV/AIDS** – Circumcision reduces the risk of getting HIV or AIDS by a factor of 3 if having sex with an infected woman. This is because the HIV virus enters through the inner lining of the foreskin which is thin and vulnerable. Ulceration and tearing are also more common in uncircumcised men, adding to the risk of HIV entry.
- 7. Reduced cervical cancer in women** – Circumcision reduces the female partner's risk of cervical cancer risk 5 fold. This is because there is less risk of exposure to the Human Papilloma Virus, now known to be the main cause of cervical cancer, from circumcised men.

What are the potential risks of circumcision?

- 1. Bleeding** – occasionally there may be bleeding after the procedure, however significant bleeding is very rare in newborns. Note, it is vital that you tell us if your son has a bleeding disorder, or is on blood thinners or anticoagulant medication, as this would greatly increase the potential risk of bleeding.
- 2. Infection** – there is always a small possibility that there could be an infection requiring antibiotics after any form of surgery, but serious infections are very rare especially in newborns.
- 3. Skin closing back over** – when there is a lot of fat in the pubic region, the shaft of the penis can mainly lie within this fat, with not so much penis being external. This gives rise to an increased risk of the skin closing back over the end of the penis after the circumcision. This situation is very rare in infants but can be slightly more common from 3 months of age onwards. If your son has the appearance of a buried penis, we may discuss with you postponing the procedure.
- 4. Meatal stenosis** – this is a narrowing of the urethra that may occur after the procedure. Very low risk.
- 5. Trauma or injury to the head of the penis** – very low risk.
- 6. Suboptimal cosmetic result** – very occasionally, a patient or parent may wish for more skin to be removed even after a successful circumcision. This is very uncommon. It is important to be aware that it can take 12 months for full healing of the wound to occur, and for new collagen to form and tighten any baggy skin.
- 7. More serious complications including death** – exceptionally rare.

The Procedure

We perform the circumcision operation under a local anaesthetic, meaning that you /your child are awake. The advantage of this is that there is no need to be admitted to hospital or be exposed to the small but significant risks of having a general anaesthetic. The following steps are taken to ensure you, or your son, are as comfortable as possible during the procedure.

- 1. Pain relief medication before you come to the clinic** – we will ask you to give oral painkillers to your son, or take it yourself, one hour prior to the procedure. You will be advised in advance exactly what to use.
- 2. Topical anaesthetic cream to numb the skin** – on arrival at the practice, you/your son will have topical anaesthetic cream applied to the penis, to numb the surface skin.
- 3. Pain-blocking injection of local anaesthetic** – after the local anaesthetic cream has been on for 10 minutes or so, you/your son will be given an injection called a 'dorsal penile nerve block' into the soft tissue alongside the base of his penis. Dr Newton uses a combination of both short and long-acting anaesthetic. This provides comfort and coverage for both the procedure and for hours afterwards.
- 4. Sugar lollipop during the circumcision operation** – ten minutes after the injection, the penis is fully desensitized, and the circumcision can be done. During the circumcision you/your son will be offered a lollipop to suck on for additional comfort. This is not compulsory, but studies show that sweet flavours often reduce the perception of pain.

Although circumcision takes about 10 minutes for children and adults, you will be in the clinic (or its immediate surrounds) for about 2 hours in total, so that we can monitor for any early bleeding, carefully review with you the post procedure care, and answer your questions before you go home.

Our caring team is always available

We understand that safety concerns are always number one. Should you have any concerns, during working hours please call the Clinic.

For questions or concerns that arise after hours, if urgent, please call Dr Newton on 0429 621995. In the unlikely event that an emergency occurs (such as heavy bleeding) and you are unable to contact Dr Newton or are some distance away, we would suggest going to your nearest hospital Emergency Department. Dr Newton is very happy for other doctors at an Emergency Department to contact him. We are also happy to respond to less urgent queries via text messaging to Dr Newton's mobile as above.

Patient Instructions

Before arrival at the clinic :

- For children under 18 years old, the clinic **MUST receive consent from BOTH parents** for the procedure to go ahead. If one parent is unable to attend on the day, please email your consent, along with a copy of a valid drivers' licence, to: info@gentleproceduresperth.com.au. Please contact us in advance if there are any problems or concerns with this.
- Please give your son the pain-killing medication (or take it yourself) as you would have been advised by Dr Newton or his nursing staff, one hour before arriving at the clinic. Please avoid taking other medication, other than your normal prescription medications (and obviously avoid alcohol or other drugs)
- Patients should have a good meal before leaving home.
- Patients should wear comfortable, loose fitting pants or trousers (pyjamas or tracksuit pants) and supportive underwear.
- Please arrive 15 minutes before your appointment time. Late arrivals may be rescheduled for another day.
- Please also bring to the clinic to ensure comfort - hand-held game devices or tablets, with headphones, for entertainment and to listen to music, water or fruit juices, and snacks.
- Please arrange for someone to drop you off and pick up from the clinic as we very strongly advise against driving immediately after the procedure.
- Plan to be in the clinic for 2 hours.

At the clinic :

- It is normal to be slightly anxious prior to the procedure; however, being in a heightened state of anxiety decreases the effect of the anaesthetic, makes your body hypersensitive and increases blood pressure. We like you to be as calm and relaxed as possible, so if you are struggling with increased anxiety please talk with the nurse or Dr Newton as further medication might be offered. However, if this is the case please expect to be in the clinic for longer as you may need additional monitoring.
- We first apply the topical anaesthetic ointment to your/your son's penis.
- After 10 minutes, you or your son will receive a dorsal penile nerve block injection through a tiny needle into the area already numbed by the topical cream. After 10 minutes, the penis will be numb. You may feel some pressure

or squeezing but should not feel sharp pain.

- You or your son will be offered a sugar lollipop to suck on while the circumcision is completed. It usually takes up to 10 minutes.
- The nurse will then apply a number of different bandages, antibiotic cream and talk through the relevant aftercare with you.
- You or your son will be given a bag containing - sterile gauze pads, antibiotic ointment, a roll of Coban elastic bandage, and a letter with emergency contact details.
- After the surgery you/your son may feel a little bit of discomfort, especially at the tip of the penis. Take Panadol, or the medication that may have been prescribed to you, every 4-6 hours for pain control. In rare instances, some patients may appear pale and feel dizzy or light-headed. Should this happen, just lie down and drink some sweetened juice. The symptoms should disappear in a few minutes.
- Occasionally, if there is heavier bleeding than usual, Dr Newton will elect to put a few dissolvable stitches in the site to promote a faster recovery. Please note that the penis will still be numb at this stage.
- Please arrange a follow-up appointment before you leave.

The first 24 hours after the procedure :

- Please check for bleeding every 2 hours for the next 24 hours. It is normal to see a small amount of blood ooze, roughly the size of a 10 cents piece. It is, however, NOT NORMAL to see blood dripping from the penis. If you have any concerns, please call the clinic on 9286 9900, or for after-hours emergencies contact Dr Newton on 0429 621859.
- If bleeding occurs, please grasp the penis between your thumb and two fingers and apply direct pressure for 3 minutes. Use the same pressure you would use to stop a cut on a finger. Inspect the area for continued bleeding and repeat if necessary. If you have applied pressure twice and the penis is still bleeding call our clinic as above. If you are unable to contact us, please go to your nearest Emergency Department. In this event, please ask the Emergency Department staff to contact Dr Newton so that your case can be discussed.
- Make sure that you/your son is able to urinate, which you should be able to do within 8-12 hours after leaving the clinic. Drink lots of water/juice to flush through the anaesthetic. If you/your son has not urinated for more than 12 hours, please call Dr Newton on 0429 621995.
- **Pain relief if required** – please give Panadol, or if prescribed Painstop, to your son every 4-6 hours according to the recommended dose. For adults, please

take Panadeine or Panadeine Forte as prescribed.

- If pain is not controlled, you may also use Ibuprofen / Nurofen syrup or tablets. Please do not take aspirin, as this will increase the risk of bleeding greatly.
- Keep the dressing as dry and intact as possible. Clean around the penis area with a soft cloth in lukewarm water.
- **Do not take a shower until after follow-up appointment** (1-2 days).

After day 1:

- Some swelling may develop. This is part of the **normal healing process**. The brown Coban bandage applies pressure to the area to reduce swelling. Note: Spots of blood or slight oozing of blood on the dressing is normal.

After 2 days:

- You will be reviewed after 1-2 days. The bandages will be removed at this time, and the wound will be cleaned.
- Using the contents of the bag that you were given on the day of your procedure, a staff member will teach you how to change the bandages at home. If your child is very uncooperative, sometimes no further bandage is applied. Our staff member will discuss this with you.
- A full shower may be taken. Gently clean the penis with lukewarm water to make sure that all the dried blood has been washed off.
- The glue is not absorbable; it will flake off during the course of the following week after the procedure, and this is helped by having warm baths or showers. It can be irritating after 5 days or so. If you have trouble removing the glue, please come in and our nurse will assist.
- For children: Change the square gauze with Vaseline after taking a shower. Make sure the area is totally dry. Apply antibiotic ointment once a day and place the sterile gauze with Vaseline over the head of the penis every nappy change or every after going to the toilet.
- For adults: Change all the bandages after taking a shower. Apply antibiotic ointment around the wound and put a dry gauze and wrap firmly with elastic bandage.
- Shower and change bandages daily for 7 days.
- Your next review will usually be after another week.

After 1-2 weeks:

- Continue applying antibiotic ointment until the wound is completely dry and healed.
- Arrange follow-up appointments as necessary.
- If the skin has moved forward (after the first two days following surgery), push it back to just behind the back rim of the head of the penis. This will help it heal properly. Simply ensure you can visualize the entire head of the penis all the way around. If you are unsure, please make a further follow-up appointment.
- It is important to avoid 'skin bridging' which results from the residual foreskin or mucosa sticking to the head of the penis. If this happens, Dr Newton or his nurse can easily push the skin back to separate it.
- Remember to call us if you have concerns. We are happy to review you as many times as needed. You may also text a photo to Dr Newton (on his private emergency number) for advice.

What to watch for:

Please watch carefully for the following possible complications:

- **Fever** – If the patient (yourself or your son) feels warm, or has a temperature greater than 37.9 degrees Celsius, please contact us at the practice during working hours, or if after-hours via Dr Newton's mobile number 0429 621995.
- **Infection** – If you notice redness, pus or a foul smell coming from the surgical area, call us as above. Although rare, the most common time for infection to present is in the first week after surgery.
- **Bleeding** – Blood dripping off the penis is NOT normal. If you see this, apply pressure on the bleeding area for 3 minutes. If it fails to settle, call us as above.
- **Peeing/urination** – If you develop problems passing urine, such as stinging or burning, or difficulty passing urine, please call us as above.
- **Concealed penis** – If the skin appears to be closing over the end of the penis, more common if the penile shaft is partly buried in pubic fat, please contact us as above.
- **Skin bridges** – if the residual foreskin starts to stick to the head of the penis, please contact us.



You will notice a swollen ring at the base of the penis head. Sometimes it is more prominent on one side than the other. This is normal and no cause for concern.



You may notice a band on the bottom of the penis after circumcision. This is normal and no reason for concern.

What To Expect After Circumcision

The healing process

Healing is usually rapid and occurs in several stages. A circumcision is like any other cut to the skin - there are many factors that influence healing, but most importantly, every person heals differently.

First, the cut edge seals and bleeding ceases within minutes, hours or sometimes over the course of an entire day. The area just behind the head of the penis, especially on the underside, will become swollen. Sometimes patients mistake this for a blister. In fact, this is normal and will subside within a week or two.

In the first two days, there may be an **off-white or yellowish**, patchy appearance on the head of the penis. These patches are a type of scab and associated with normal healing. After a few days the area where the skin was cut may look green and yellow. This is NOT pus or infection! It is part of the normal healing process and it can remain this colour for up to two weeks after the circumcision. Often, doctors who are not familiar with the circumcision healing process may mistake it for infection. Please follow up with **OUR** clinic if you are in any way concerned, so that you receive the best treatment.

You will also notice that the head of the penis appears red and glossy, sometimes purple or blue. This is because the skin covering the head of an uncircumcised penis is a mucous membrane (like the inside of your cheek). Once exposed to the outside, the mucous membrane will toughen (or keratinize) and in time take on a normal appearance, getting lighter in colour. It takes approximately a month for the penis to take on a normal healed appearance.

The appearance of the penis after healing :

A common concern for patients is aesthetics. Remember that penises come in all shapes and sizes. While most penises look “normal” within days of the circumcision, some do not take on a “completely normal” appearance until after the penis starts to grow after months or years. For example; there may be more mucosal tissue on one side compared to the other. This is a normal anatomical variation and will resolve over time. Furthermore, although the penis may appear smaller after circumcision, it is not! This appearance is mostly due to the relaxation of the skin surrounding the penis, which prior to circumcision held the penis up in a more erect state.

In nearly all of these cases the penis will heal properly, and in time, take on a normal appearance. If you are concerned in any way about the appearance of your/your son’s penis, please call to consult us.

Frequently Asked Questions.

How will my I or my son feel after the circumcision?

It is not unusual to sleep 6-8 hours after the procedure and to miss a meal.

Will it hurt when I / he urinates?

It may sting a little in the first 24 hours but after that it should not be painful.

When can I / he start bathing?

The nurse on duty will advise you after the procedure. You can usually start bathing after 2 days. Until then you can gently clean around the penis with a soft cloth soaked in lukewarm water.

If I remove the gauze and there is bleeding, what should I do?

To stop bleeding; you grasp the penis between your thumb and two fingers and apply direct pressure to the penis for 3 minutes. Use the same pressure you would use to stop a cut on a finger. Inspect the area for continued bleeding and repeat if necessary. If you have applied pressure twice and the penis is still bleeding call our clinic on 9286-9900 or head to your nearest Emergency Department. If you are seen by another doctor, please ask them to call Dr Newton for advice and procedure history.

How do you remove the remaining glue?

The glue acts as a scab and protects the healing tissue. Once the underlying tissue has healed, the glue will drop off. Do NOT tear it off as you will cause the area to bleed. Occasionally it takes a little more persuasion; Sitz/salt baths are a good remedy to soften the glue. If it is causing a problem, contact the clinic and arrange an appointment for the nurse to review.

What do I do if there appears to be bridging of the skin onto the head of the penis?

Please call our clinic to arrange a follow-up appointment.

Why is my son's penis retracting into his body, looking 'concealed'?

When there is a reasonable amount of pubic fat, or when the length of the penile shaft is no greater than its diameter, the penis may tend to retract inward. If you or your son fits this profile, you can reduce the chance of a concealed penis by applying Vaseline to the entire head of the penis once a day until it takes on a healed appearance (up to 6 months). To expose the head of the retracted penis, place gentle downward pressure on either side of the penis. Call our clinic to arrange a follow-up appointment if the head cannot be fully exposed. This may take months or up to a few years before the penis stays consistently outward.



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Thank you for your
interest in Gentle Procedures
Clinic for circumcision.

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Contact Information

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