



Patient Information Leaflet: Circumcision under Local Anaesthetic

What is a Circumcision?

Circumcision is a minor surgical procedure to remove the foreskin — the fold of skin that covers the tip of the penis. It is a routine treatment for several medical conditions and is performed at The Forbury Clinic using local anaesthetic, meaning you remain awake, but the area is fully numbed.

Why Might I Need a Circumcision?

You may be offered circumcision to treat:

- **Phimosis** – when the foreskin is too tight to pull back
- **Recurrent infections** such as balanitis (inflammation of the foreskin)
- **Paraphimosis** – when the foreskin gets stuck behind the head of the penis
- **Other foreskin-related conditions** such as scarring, discomfort during sex or hygiene difficulties

Your consultant will explain the specific reason for your procedure and discuss any alternatives.

What Does the Procedure Involve?

- You will be asked to lie comfortably on a procedure couch
 - A local anaesthetic injection will numb the area — this may sting briefly
 - Once fully numb, the foreskin is removed and the edges are closed with dissolvable stitches
 - The procedure typically takes **45–60 minutes**
 - You can usually go home the same day
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Will It Hurt?

Circumcision under Local Anaesthetic PIL

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You may feel a brief sting from the local anaesthetic, but the procedure itself should be painless. The penis will remain numb for a few hours afterwards. As the anaesthetic wears off, you may feel some soreness or tightness — this is normal and can be managed with pain relief.

What to Expect After the Procedure

Common, Short-Term Symptoms:

- Swelling and bruising around the tip of the penis
 - Mild bleeding or spotting for the first 24–48 hours
 - Discomfort or sensitivity for up to 14–21 days
 - Scabs or slight discharge around the stitches as healing progresses
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How to Care for the Area

- **Keep the area clean and dry** — gently shower daily with warm water, but avoid soaps or bubble bath directly on the wound
 - After drying, apply Vaseline to the wound and head of the penis
 - **Wear loose-fitting underwear** to avoid friction
 - **Take pain relief** such as paracetamol or ibuprofen as needed (avoid aspirin unless advised)
 - **Avoid sexual activity** or masturbation for at least **4–6 weeks** to allow full healing
 - Stitches will dissolve on their own — there's no need to remove them
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When to Seek Medical Advice

Please contact us if you notice:

- Increasing redness, swelling or pain
- Pus-like discharge or a foul smell
- Difficulty passing urine
- Bleeding that does not stop with light pressure
- Fever or chills

These could be signs of infection or a complication that needs review.



Returning to Normal Activities

- Most people can return to desk-based work or school within **1-2 weeks**
- Avoid heavy lifting, cycling or vigorous exercise for at least **3 weeks**
- Full healing may take **4-6 weeks**

Questions or Concerns?

Please don't hesitate to ask questions — we're here to support you before, during and after your treatment.

 **The Forbury Clinic**

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