

WHAT TO EXPECT AFTER AN ADULT CIRCUMCISION!

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How long does the healing process take?

What are side effects of surgery?

Healing process of adult circumcision usually takes at least 1 month and it will be complete once the stitches have fallen out. You can book a follow-up appointment 1 month following surgery if needed.

The affected area may swell and bruise for the first 2 days. It is generally not very painful, and over-the-counter pain relievers are all you usually need.

What to do and what not to do?

Activity

- Return to work and your normal routine when you feel ready to.
- Avoid having sex and masturbation for 1 month.

Incision care

- Avoid full-body bathing. You may shower when you no longer have a bandage on your affected area.
- Wear underwear that is comfortable for you. Some men prefer a snug fit for support, while others prefer loose-fitting briefs.

Post-operation follow up

- At our Montreal Circumcision Clinic, you will be provided with a dedicated telephone number you can use to reach us at any time, and you will also be free to visit for checkups until you have completely healed.

Diet

- Eat low-fat foods like plain rice, broiled chicken, toast, and yogurt.
- Drink plenty of fluids (unless your doctor tells you not to).

