

AFTER CIRCUMCISION

Even though the wound heals fast, it can tear easily because the skin around the wound is weak. Avoid sex and masturbating for six weeks after MMC to make sure the wound heals properly. If you tear the wound, it will take longer to heal, and it can increase the risk of infection and other complications.

You may have erections during the healing process, which can be uncomfortable. Most men find that it helps to wipe their penis with cold water or wrap ice in a clean cloth and put it on their penis to stop the erection. It also helps to drink lots of water so that you urinate often. This will help to relieve erections.

Weeks 1 and 2

- Remember to visit the clinic on day 2 for the bandage to be removed and on day 7 to ensure your wound is healing well.
- Wear clean, loose-fitting underwear to keep your penis pointing up towards your stomach to prevent swelling.
- Clean your wound three times a day after the bandage has been removed with gentle soap and water. To make sure that the water is clean, boil it and let it cool down. Clean the bowl you will use with the boiled water.
- **Don't use any home remedies like Dettol, ointments, herbs, cow dung, ash or other substances on your wound.**
- Avoid hard exercise like lifting weights, running, soccer or rugby.
- Avoid work in dirty environments. **The stitches will start falling out by themselves after 10 – 14 days, as the wound begins to close.**

Weeks 3 and 4

The stitches will fall out and you can start exercising again. Continue to clean the wound gently.

Weeks 5 and 6

The wound will feel like it has healed completely, but the skin is still weak and can tear easily, so avoid sex and masturbation.

Problems after a circumcision are rare, but sometimes there can be bleeding, swelling and pain. With proper care, these issues are easily treated.

Call or send a Please Call Me to Right to Care's free 24-hour MMC helpline on 082 808 6152 if you have any concerns. Go to your clinic or doctor immediately if you are worried about your wound.

WHAT MALE CIRCUMCISION DOES NOT DO

MMC does not prevent pregnancy and it **REDUCES BUT DOES NOT REMOVE** the risk of STIs and HIV infection. You cannot let your guard down. Use a condom every time you have sex, have one sexual partner and test for HIV to know your status so that you can make the best decisions for your health.

Medical male circumcision does NOT reduce your risk of HIV infection if you have anal sex.

Being circumcised means caring about my wife's health as much as I care about my own.
– Tinswalo Mnisi, 28 years old.

Your local clinic or health worker's details:

I was afraid that MMC would be very painful. I was wrong. Today I'm happy that I made a healthy choice for my future.
– Banele Nzima, 23 years old.

Text a free "Please Call Me" to 082 808 6152 to learn more about MMC and book your appointment today.

Brothers For Life
www.brothersforlife.org

Right to Care
www.righttocare.org

Medical Male Circumcision KNOW THE FACTS *It's Safe and Free.*



Tinswalo Mnisi (28 years old), Dr Khumbulani Moyo (42 years old) and Banbele Nzima (23 years old)

For an appointment or to know more, call or send a **PLEASE CALL ME** to

082 808 6152



WHAT IS MEDICAL MALE CIRCUMCISION?

Medical male circumcision (MMC) is the complete removal of the foreskin of the penis.

To get the full health benefits of medical male circumcision it is important that you know whether you are:

- **uncircumcised;**
- **partially circumcised** – where only a part of the foreskin has been removed or a slit has been cut in the foreskin; or
- **fully circumcised** – where the entire foreskin has been removed.

WHY SHOULD I HAVE MMC?

The foreskin is like a sponge that can attract viruses that cause HIV, STIs, which most of us call drop. This includes herpes, and syphilis, as well as balanitis and, phimosis. Circumcision offers a lifetime of benefits for men and their partners. These include:



Circumcised penis

- ✓ A lower risk of STIs
- ✓ A lower risk of HIV infection
- ✓ It is easier to keep the penis clean after circumcision
- ✓ Many women prefer sex with circumcised men
- ✓ Reduced risk of cervical cancer for women

The disadvantages of remaining uncircumcised or having an incomplete circumcision are:



Uncircumcised penis

- ✓ The foreskin covers the head of the penis and it is harder to keep clean
- ✓ The foreskin bruises and tears easily during sex, giving HIV and STIs a way to enter the body
- ✓ The cells that attract STIs and HIV are present, raising the risk of infection



Partially circumcised penis

- ✓ There is a higher risk of exposure to the human papillomavirus (HPV) which increases women's risk of cervical cancer

I've performed more than a 1000 MMCs in my career and am a personal testimony of the many benefits of getting circumcised.
 – Dr Khumbulani Moyo, 42 years old, Right to Care MMC programme director.

Send a PLEASE CALL ME to 082 808 6152 to make an appointment.

FREQUENTLY ASKED QUESTIONS

How much will MMC cost?	MMC is FREE for any man living in South Africa.
Is it better to do MMC in summer?	Summer or winter – you can have MMC anytime and the wound will heal the same, as long as it is kept clean.
Is MMC painful?	Most men say that MMC is much less painful than they expect and that they can easily manage the discomfort.
Can I have MMC if I am HIV positive?	Yes. Any man in South Africa is entitled to free, safe circumcision. HIV testing being optional but advised. If you're HIV positive, we strongly urge you to start treatment.
If I test at the MMC clinic and they find I am HIV positive, will they send me home?	The health professionals will check your general health and advise you. They will put you in touch with somebody that will explain the benefits of starting treatment immediately.
If I have MMC, will I miss work?	You will receive a medical certificate from the clinic to book you off work for two days. If you work in a dirty environment or do very heavy work, the health professional may recommend that you take additional days off and will give you a certificate for these extra days.
Am I too old to circumcise?	MMC is offered to anybody above 10 years old. No one is too old to circumcise, and the benefits are the same whatever your age.

WHAT HAPPENS AT THE MMC CLINIC?

Make sure that you eat before coming to the clinic. If you are under the influence of alcohol or drugs, we can't perform the MMC. Bring some kind of identification with you to the clinic. If you're not a South African citizen, bring any form of identification such as asylum seeker permit or refugee status, your birth certificate, or passport.



Step 1: You will be registered and shown where to sit.



Step 2: A health professional will talk to you in a group about MMC, HIV and STI prevention.



Step 3: You will meet with a counsellor who will offer you an HIV test. The test is voluntary but we encourage you to take control of your health and know your status. If you are positive, we counsel you about starting treatment as soon as possible and refer you to somebody who will guide you through this process.



Step 4: A health professional will examine you, checking your general health and screen you for STIs and TB as well as doing some simple tests to measure your blood pressure, pulse, respiration and blood sugar to make sure you are healthy enough to be circumcised.



Step 5: You will receive an injection to numb the penis. Men say this is like being pricked by a thorn or stung by a bee. The injection will stop you from feeling any pain while the trained health professional will perform the MMC. The procedure will take about 20 minutes.



Step 6: Your wound will be bandaged, and your blood pressure and pulse will be checked again to make sure that everything is fine.



Step 7: A health professional will give you pain killers and explain how to take care of your wound.



Step 8: Two days after the procedure you must return to the clinic so the bandage can be removed and your wound checked.



Step 9: Seven days after the procedure you must return to the clinic for a check-up.

THE WHOLE PROCESS SHOULD TAKE LESS THAN AN HOUR