

Looking after yourself after your Circumcision

Information for patients,
carers and relatives

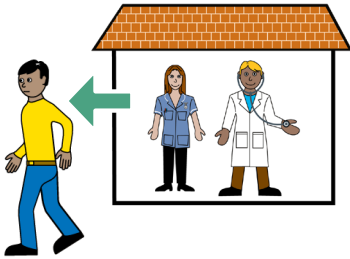
**Easy
Read**



easy read



after your circumcision



rest and recovery



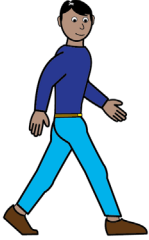
This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

You should be able to go home after your operation.

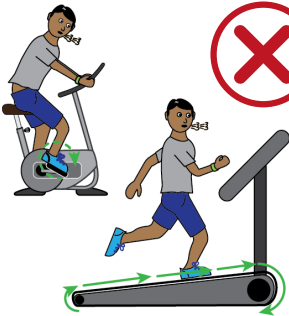
You will need to rest and recover.

gentle exercise



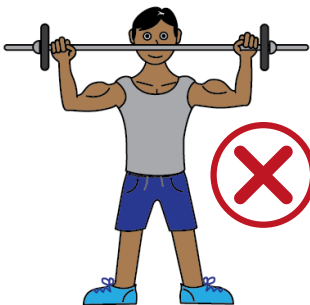
But try to get some gentle exercise everyday.

hard exercise



Do not do any hard exercise.

heavy lifting

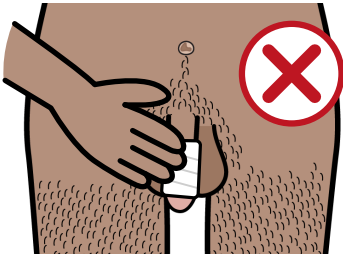


Or heavy lifting.

bandage



intimate touching



friendly staff



Your penis will have a bandage on it at first.

Do not touch or play with the bandage or your penis.

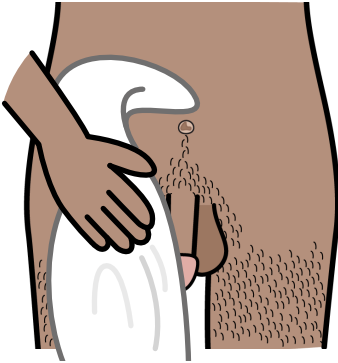
Your doctor or nurse will tell you when you can take the bandage off.

warm bath



You do this by soaking your penis in a warm bath.

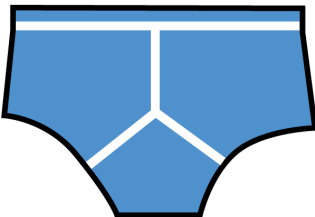
gently dry penis



Gently towel dry your penis after.

Use a clean soft towel.

pants



Wear comfortable close fitting underwear.

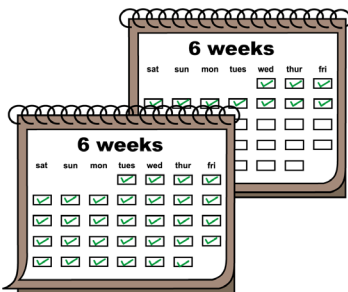
sex



masturbate



6 weeks



You can not have sex .

Or masturbate.

For 6 weeks.

pain



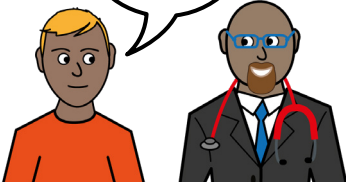
This will cause pain and bleeding.

medicine



Take your medicines as your doctor told you to.

question



Ask your doctor or nurse if you do not understand anything before you leave hospital.

contact



If you are worried about your penis at home and need advice, you should call:



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter

