



Reaching Impact, Saturation, and Epidemic Control (RISE)

Immediate Postoperative Counseling Session Flip Chart

For adolescents ages 15–19 years attending voluntary medical male circumcision (VMMC) services (and their parents/guardians)

The final publication of *The Guide for Counseling Adolescents at Voluntary Medical Male Circumcision Services* and accompanying job aids was made possible with support from the U.S. President's Emergency Plan for AIDS Relief, through the United States Agency for International Development (USAID)-funded RISE program, under the terms of the cooperative agreement 7200AA19CA00003. The contents are the responsibility of the authors and do not necessarily reflect the views of USAID or the United States Government.

General Instructions for Counselors

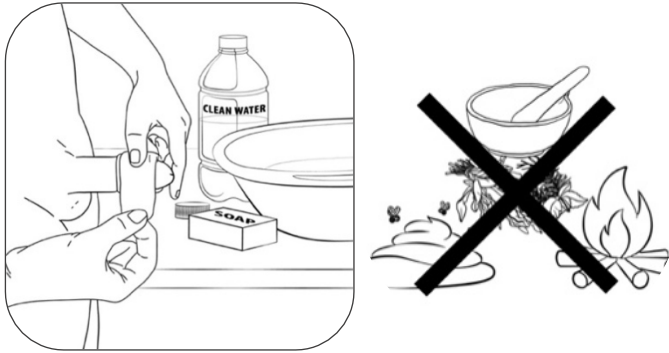
- Content for this flip chart is based on the **Immediate Postoperative Counseling Session Cue Card** included in *The Guide for Counseling Adolescents at Voluntary Medical Male Circumcision Services* package (USAID, 2019).
- It is recommended that counselors use the cue cards in this package to prepare for the counseling sessions, and use the flip charts during the VMMC counseling sessions with adolescents.
- Counselors should show the **image** pages to adolescent male clients at VMMC services while referring to the **content for counselors** pages. In addition to these images, counselors may use a penis model and other models/objects (such as condoms), where appropriate.

Objectives of the Immediate Postoperative Counseling Session

As a result of the immediate postoperative counseling session, adolescent clients will understand:

- How to care for the wound
- That applying home remedies (ash, dung, and so on) or remedies NOT prescribed by VMMC providers can cause infection
- The symptoms of adverse events
- The importance of contacting and knowing how to contact VMMC staff in case of emergency
- Their ability to comply with the prescribed follow-up schedule (that is, they can arrange transport to the VMMC clinic or other clinic near their residence and that next steps align with their school and work schedule as well as family commitments)
- The importance of abstinence from masturbation
- If sexually active, the importance of abstinence from masturbation/sexual intercourse during the healing period and ways to improve compliance with abstinence recommendations to reduce the risk of HIV transmission and facilitate healing

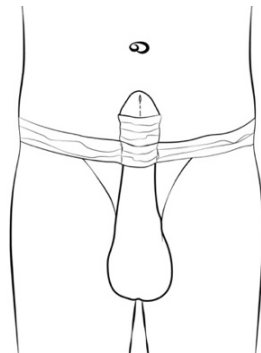
Wound Care Information for Adolescent Clients



**Wash with clean water and mild soap.
DO NOT apply home remedies (herbs, ash, or dung)
not prescribed by a doctor.**



Take pain medication as prescribed.



**Keep the penis bandaged and pointing
upward for 24 to 48 hours.**



**Bandages will be removed
on the day two follow-up visit.**

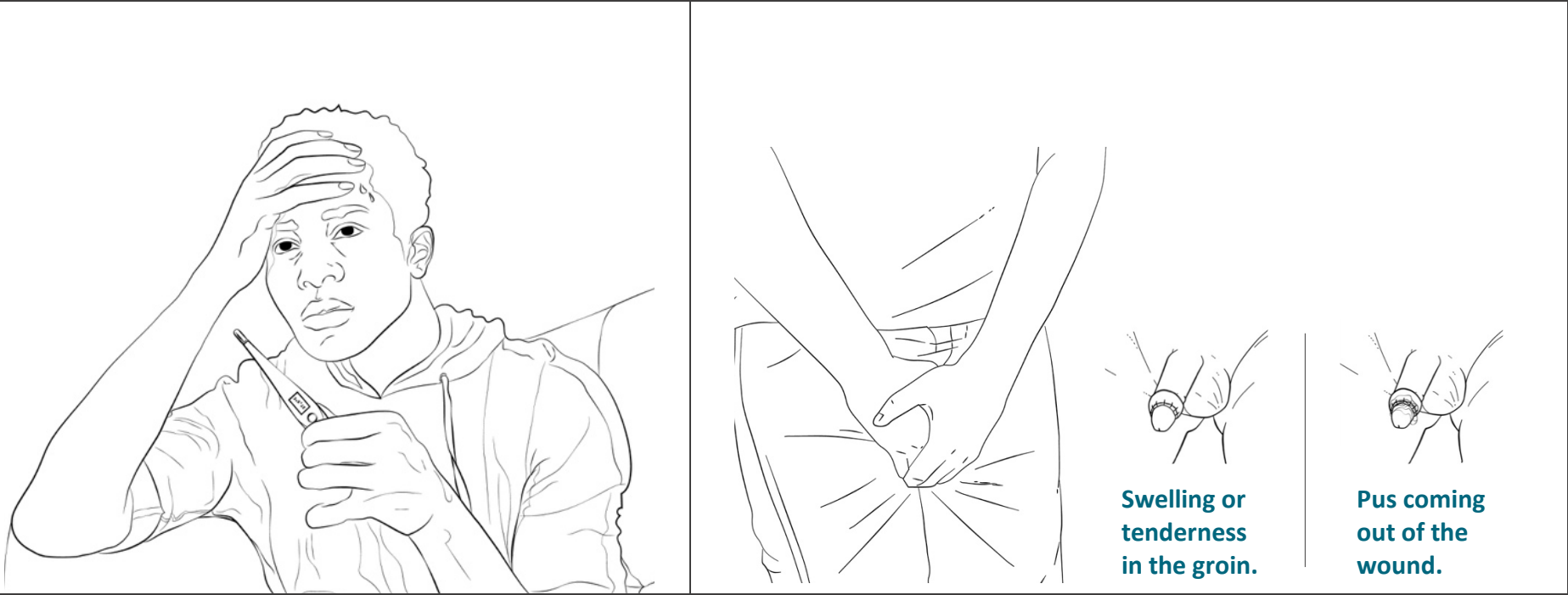
Wound Care Information for Adolescent Clients

Content for Counselors

- To keep the wound clean, wash the penis with clean water and mild soap at least two times each day.
- Keep the penis bandaged and pointing upward for 24 to 48 hours.
- Do not pull or scratch the wound.
- You may return to school after two days and resume sports and other school-related activities after five days.
- Avoid hard physical work for the first five days after surgery (for example, avoid lifting heavy objects, riding or pushing a bicycle, digging, and working at a construction site). Heavy physical work can disrupt healing and lead to bleeding
- Do not apply home remedies (herbs, ash, or dung) not prescribed by a doctor. They can cause tetanus, which may be life threatening.
- You may have spontaneous erections. These may be uncomfortable, but should not be cause for concern.
- Urinating at the first urge may reduce the frequency of erections.
- Take pain medications as prescribed.
- Come back for follow-up visits on days two and seven (*in accordance with national standards/guidelines*).
- We will remove the bandages at your first follow-up visit on day two.

Adverse Events

EMERGENCY CLINIC NUMBER: _____



The illustration is divided into two main sections. The left section shows a person with a fever, holding a thermometer to their mouth and touching their forehead. The right section shows a person's groin area with a swollen, tender spot and a wound with pus coming out.

Swelling or tenderness in the groin.

Pus coming out of the wound.

Rare, preventable complications including fever or infection.

Adverse Events

Content for Counselors

- Complications from VMMC are rare, but they can be serious if ignored or improperly treated
- If you experience any of the following warning signs, contact clinic staff immediately at (**EMERGENCY PHONE #** _____)
- Continued bleeding that does not stop or gets worse
- Swelling or tenderness around the wound (worse than you have now)
- Increased pain that does not improve with medication
- Fever: Do you have a thermometer or can your parent/guardian determine if you have a fever?
- Swelling or tenderness in the groin
- Pus coming out of the wound
- Difficulty passing urine/peeing
- Hardness or stiffness in the lower abdomen (show them where this is)
- Stiffness of the jaw, chest, or back
- Fits and/or convulsions

Abstinence and Risk Reduction During the Healing Period



Abstinence and Risk Reduction During the Healing Period

Content for Counselors

- It is important that you abstain from masturbation for six weeks after VMMC.

Note: Check that the adolescent understands what masturbation is. Gently ask if the adolescent is or has been sexually active.

If the adolescent indicates that he is or has been sexually active:

- It is important that you also abstain from sexual intercourse for six weeks after VMMC.

Note: Make sure that the adolescent understands what sexual intercourse is.

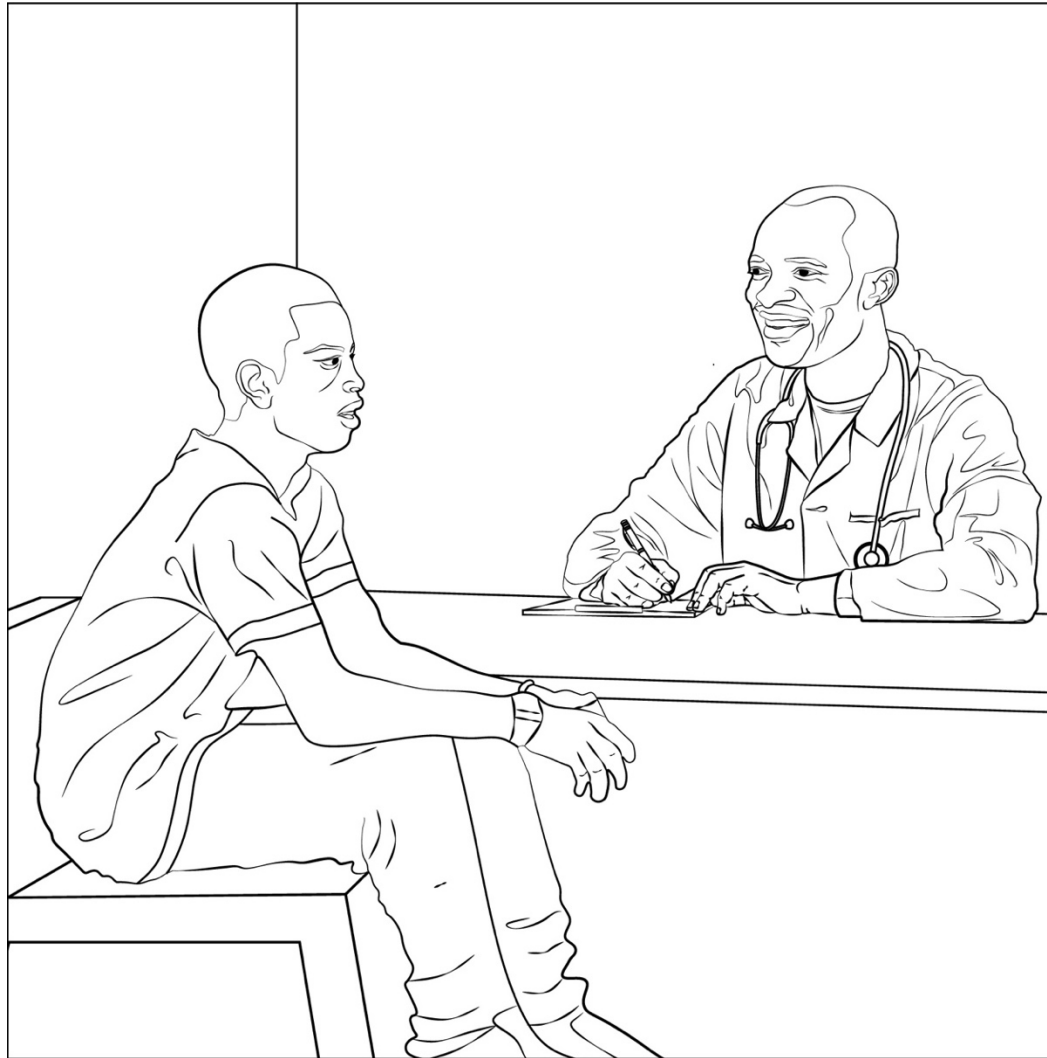
- Penetrative sex (vaginal, anal, or oral) during the six-week healing period greatly increases your risk of acquiring HIV. It also greatly increases the risk of transmitting HIV to your sexual partner(s) if you are HIV-positive.

If the adolescent indicates he will not be able to abstain:

- Masturbation poses less risk than sexual intercourse, but it increases the healing time.
- There are other ways to express physical intimacy that do not involve intercourse.
- If you do go against the recommendation and have sexual intercourse in the six-week healing period, you must use a condom. This is **very important** because during the six weeks after VMMC, the wound you have on your penis will increase your risk of getting HIV or transmitting HIV to your partner(s) if you are HIV-positive.
- Talk to your partner(s) about how they can help you abstain while you heal for the next six weeks.
- With your partner(s), agree on alternatives to sexual intercourse for the next six weeks.
- Some adolescents heal faster or slower than six weeks, so the safest option is to abstain from masturbation and sexual intercourse for the full six-week healing period!
- If you believe that you have healed completely before the end of the six weeks, come to the clinic to have the wound assessed and to discuss a possible return to masturbation or sexual intercourse.

Postoperative Follow-Up Final Discharge

EMERGENCY CLINIC NUMBER: _____



Postoperative Follow-Up Final Discharge

Content for Counselors

- Thank you for accessing VMMC services and congratulations to you on taking care of your health!

Note: Provide client with (adjust to match whatever communication materials are available):

- An appointment card that includes an emergency number and follow-up visit information
 - Written wound care instructions to take home
 - Condoms for safer sex and prevention of unintended pregnancy (*if requested*)
 - Referrals from the local referral directory or a referral sheet identifying other local, adolescent-friendly services
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- It is important that you return for your follow-up visits listed on your appointment card (*according to national protocol*)
 - The follow-up visits allow providers to help with wound care, check progress of your healing, and address any lingering questions.
 - These visits are typically much shorter than the first visit.
 - I also encourage you to bring your friends for VMMC.
 - Do you think you can comply with these two recommended visits? Specifically:
 - Do you have affordable and accessible transport to return here twice?
 - Can you arrange your school commitments to allow you to return for the two follow-up visits?
 - If you work, will your work schedule allow you to take the time off to return?
 - Do family commitments allow you to return for both follow-up visits?
 - If complications prevent you from returning, I can help you devise a plan to overcome such challenges!
 - Do you have any questions or concerns? Again, I encourage you to call the emergency number if you have any questions or concerns after you leave here today.