

Male Circumcision



HEY CHARLES, I TOOK YOUR ADVICE AND WENT FOR MC!

GREAT, BUT HERE IS SOME **IMPORTANT INFO** YOU NEED TO REMEMBER!



TAKE HOME BOOKLET

You've made an important choice to go for **MC**. There are **two important issues** which require you to take control and responsibility. First is the **healing process**. The time it takes to recover is partially up to you. Second is **protecting** yourself and your partner. Being circumcised helps, but it's still up to **you** to protect yourself and your partner.



M
C

HEALING

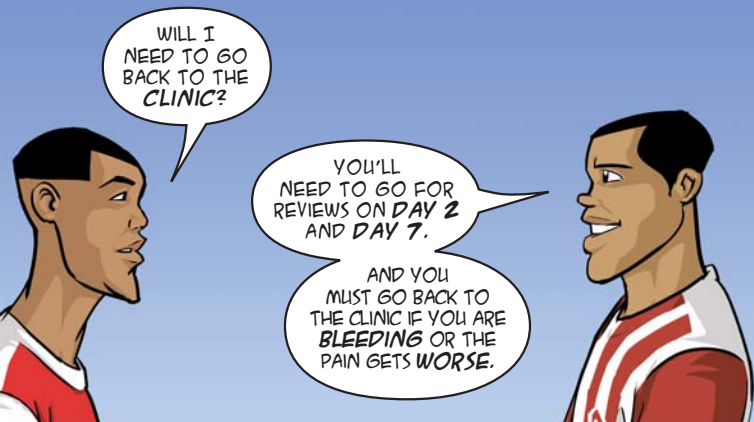


Proper care and attention can help you heal faster.

Follow this advice and contact the clinic if you have any concerns:

- After your MC, **rest** for one or two days. This rest will help the wound **heal**.
- You may **bathe** on the day after your MC, but do not let the dressing get **wet**.
- Return to the clinic **two days** after your MC to have the dressing **removed**.
- Do not **pull** or **scratch** the wound or the sutures while it is healing.
- You may have a little **pain** or **swelling** where the wound is. This is normal, but if it does not begin to feel better after a **few days**, come back to the **clinic**.
- **Erections** may cause some pain. Passing urine can help. Do not **masturbate**. Any pain from erections will go away after a few days.
- Take any **medication** provided by the clinic.

REVIEWS



It is important to come back for reviews.

Returning to the clinic for the **2-day** and **7-day** reviews is a good way to be sure you are healing properly. You will also receive more counseling on protecting yourself.

If you have any of these conditions, return to the clinic or call:

- **Bleeding** that does not stop or gets worse
- Severe **pain**
- **Inability** to pass urine
- **Pus** discharging from wound
- Increased **swelling**
- A **fever** within one week of surgery
- Severe lower **abdominal pain**

Once the bandage comes off (during your 2-day review), you should **wash** the wound gently, using only your hand, with clean water and a bit of **mild soap** (like Lifebuoy) every day. Wear **clean** underpants and change them every day during the healing period.

SEX AFTER MC



It is important that you do not have sex before 6-weeks after MC.

Do not have **sex** or **masturbate** for **six weeks after your MC**. Even though your penis may look and feel completely healed, it is still healing under the skin. Remember that you may be at a higher risk for contracting HIV if you have sex during the healing period. Masturbation or any sexual activity may damage your penis and could delay the healing process.

SAFE SEX



DO I
STILL NEED TO
PRACTICE **SAFE
SEX** AFTER MC?

OF COURSE! AN
MC CAN **REDUCE** THE RISK
OF HIV AND OTHER STI'S, BUT
YOU MUST STILL PRACTICE **SAFE
SEX** TO **PROTECT** YOURSELF
AND YOUR PARTNER.

If you become sexually active after the 6-week healing period, you still need to use protection.

Male circumcision **does not provide 100% protection**. You can still contract HIV and other STIs once you are circumcised. **You can still pass HIV and other STIs** on to your partner once you are circumcised. After MC one should still protect himself and his partner by using a **condom**. Other prevention methods include **abstaining** from sex and being faithful to one partner who is **faithful** and HIV negative.

KNOW YOUR STATUS



It is important to know your HIV status before and after going for MC.

You may have taken an **HIV test** before your MC procedure. If not, you should consider it again now that you are **circumcised**. Knowing your status can help you better **plan** for your future. If you received an HIV test before your MC procedure, remember the discussion with your **counselor** and the **decisions** you made about your life. Consider getting tested **again** in a few months and remember that you are always welcome to return for more **counselling**.

If you have any further questions about **MC** or the healing process, call the **FREE** health Talkline by dialing **990**.



IF YOU HAVE ANY CONCERNS AFTER YOUR MC, PAGE YOUR MC PROVIDER OR CALL THE FREE HEALTH TALKLINE - **990**. THERE YOU CAN ALSO RECEIVE INFORMATION ON THE TOPICS LISTED BELOW.

- Sexual and RH education and counselling
- STI prevention and treatment
- Family planning counselling and services
- HIV testing and counselling
- Alcohol and substance abuse counselling



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