

### What are the benefits of SMC for us?

- Safe male circumcision is the surgical removal of the foreskin from a man's penis
- SMC has been scientifically proven to reduce the chances of men getting HIV during sexual intercourse
- SMC also reduces the risk of getting sexually transmitted infections (STIs) such as herpes and syphilis and helps prevent cancer of the penis
- Circumcised men are less likely to pass HIV and the virus that causes cervical cancer to women during sexual intercourse.
- Circumcised men also find it easier to clean their private parts, and women appreciate this.
- SMC is available at health centers and hospitals where you see this sign



**Stand Proud, Get Circumcised!**



#### For more information

about Safe Male Circumcision visit the nearest health facility where you see the SMC sign or call the National Health Hotline on 031 2 500 600 or 0800-200 600 OR Type SMC (leave a space) your question and send to 8198



PRODUCED BY THE MINISTRY OF HEALTH

**What you and your partner  
need to know after  
Safe Male Circumcision.**

**Congratulations on making the important decision to get circumcised.**

Now that you are circumcised there is some important information that you both need to know.

**Who is this brochure meant for?**

This brochure is meant for circumcised men and their wives or girlfriends. It includes information about the healing process and what to expect after circumcision.

**Activity after circumcision**

- After circumcision, the man should rest for one or two days. This will help his wound to heal.
- By the third day, he can resume his normal work
- If the wound is properly cared for it will heal within 6 weeks.
- Until the wound is fully healed, the man should not have sex.



**Wound care**

- For the first 3 days after circumcision, the man may bathe once a day, but he should not let the dressing get wet
- He can remove the dressing 3 days after surgery
- He should not pull or scratch the wound while it is healing
- The man should avoid painful erections by urinating frequently
- Slight pain or swelling around the wound is normal. The man should seek medical attention if it is very painful
- He should take the medication provided by the clinic
- 7 days after circumcision, he should visit the clinic for a check up.



**How do we know if there is a problem after the surgery?**

The man should return to the health facility immediately if he experiences the following:

- Bleeding that does not stop
- Severe pain
- Difficulty urinating
- Pus coming out of the wound
- Serious swelling
- A fever
- Severe pain in his lower abdomen.

**How long should we wait before having sex?**

It is important that you do not have sex or masturbate for six weeks until the wound is completely healed. If you have sex before that, it is much easier to get HIV and other sexually transmitted infections like gonorrhea and syphilis.

Resuming sex too early will also damage the wound and delay the healing process.

**Sexual Function after Circumcision**

There is no conclusive scientific research that safe male circumcision either increases or decreases sexual pleasure for either partner.

This varies from person to person as sexual pleasure depends on a number of factors such as age, alcohol consumption, fatigue, and the sexual feelings partners have towards each other.

**Circumcision and HIV**

Circumcision reduces a man's risk of HIV by 60%; it does not provide 100% protection. So, you need to test together to know each other's HIV status, remain faithful to each other, and use condoms in order to fully protect yourselves from HIV--even after circumcision.



**Now that you are circumcised, you can be good ambassadors for safe male circumcision.**

- Speak to your friends and relatives about the benefits of male circumcision.
- Answer their questions about the procedure to help allay their fears
- You can both tell others where the service is available.

MARCH						
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APRIL						
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remember abstain for the required 42 days after SMC