

APPENDIX 4: CHECKLIST ON VMMC COUNSELING

Pre-operative VMMC Counseling

- VMMC offers only 60% protection and must be combined with other strategies to prevent HIV transmission.
- VMMC is the surgical excision of the foreskin under local anesthesia.
- Circumcised men still need to practice risk reduction strategies after VMMC surgery.
- VMMC does not protect the client's partner(s) from HIV.
- Correct and consistent condom use is critical.

Demonstration of male and female condoms should be performed, unless the client is too young.

- HIV testing and STI screening are part of the VMMC evaluation.
- HIV test results are confidential.
- Post-operative care during the VMMC recovery period requires hygienic wound care and abstinence from all sexual intercourse and masturbation for six weeks after VMMC surgery.
- Risk reduction strategies (e.g., correct and consistent condom usage, reduction of multiple and concurrent partnerships) are important in order to stay HIV-negative.
- HIV testing of sexual partners is very important.
- Female partners deserve respect, and intimate partner violence is unacceptable.
- VMMC is different from traditional male circumcision.

Discussion of this topic will depend on the cultural context.

- Re-explore understanding of HIV and VMMC and correct any misconceptions.
- Provide psychological support to any clients in distress.
- Encourage and offer assistance with disclosure of HIV status to partner(s).
- Encourage partner/family testing.
- HIV-positive clients can be circumcised, but VMMC will not reduce the risk of transmitting HIV to partner(s). The healing process may be longer for HIV-positive clients; so, proper wound care is important.

Discussion of this topic will depend on the client's HIV status.

Immediate Post-operative VMMC Counseling (same day as VMMC surgery)

- Keep your penis bandaged, dry, and pointing upward for 24–48 hours.
- After 24–48 hours, you may see some blood through the dressing, but this is normal.
- If there is bleeding, hold your penis in your hand and apply a clean facecloth with mild pressure for 10–15 minutes.
- If bleeding continues/is severe, visit your local clinic as soon as possible.
- Follow the instructions on the appointment card indicating where and when your follow-up appointment(s) will occur.
- Adherence to post-operative recommendations, especially attending your follow-up appointment, is important.
- Once the bandage has been removed, clean your wound at least twice a day—immediately after showering or bathing—to prevent infection.

- Contact the emergency number and/or visit a local clinic if you experience complications.
- Abstinence from all sexual intercourse and masturbation is necessary for six weeks after VMMC surgery. Having sex prior to six weeks can damage the wound, result in an infection, and put you and your partner at high risk of getting HIV and/or STIs.
- VMMC offers only 60% protection and must be combined with other strategies to prevent HIV transmission.

Post-operative VMMC Counseling (on Day 2–7 after VMMC surgery)

- VMMC offers only 60% protection and must be combined with other strategies to prevent HIV transmission.
- Abstinence from all sexual intercourse and masturbation is necessary for six weeks.
- Risk reduction strategies (e.g., correct and consistent condom usage, reduction of multiple and concurrent partnerships) are important to prevent HIV transmission.
- Contact the emergency number and/or visit a local clinic if you experience complications.
- Here are male and female condoms for use once you re-engage in sexual activity six weeks after the date of your VMMC surgery.