HELP - I THINK I AM IN TROUBLE!

I AM IN PAIN
Some pain after your circumcision is normal. After the procedure you were provided with pain killers. You should take the tablets as prescribed. If the pain is still strong, please contact your hospital or local clinic.

MY PENIS IS BLEEDING
You might see some blood through the dressing after your circumcision - this is normal.
If there is bleeding after removing your bandages, hold your penis in your hand and take a clean face cloth and apply pressure to the bleeding area for 10-15 minutes. Check to see if bleeding has stopped. If the bleeding continues or it is severe visit your hospital or local clinic as soon as possible.

MY PENIS IS SWOLLEN
This is normal immediately after circumcision. The swelling should go down with time. If the swelling gets worse, or if there is pus or oozing this could be a sign of an infection. In this case you should visit your hospital or local clinic.

Your Follow-up Appointments

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I HAVE A PAINFUL ERECTION
It is normal to get an erection at night. This is often related to the need to urinate. An erection of a newly circumcised penis causes pain and discomfort.
To help avoid erections urinate before going to bed and some times during the night.
Lie on your side, not on your back. It is helpful to draw your knees up towards your chest.
DO NOT have sex (even with a condom) or masturbate for at least 6 weeks after circumcision!

I HAVE AN INFECTION, DISCHARGE OF PUS, INCREASED PAINFUL SWELLING, INABILITY TO PASS URINE OR PAINFUL URINATION
Visit your hospital or local clinic as soon as possible, even before your scheduled follow-up appointment! They can check for infections or other complications and help you with further treatment and care.

Emergency Contacts

- MSF: 035 474 1002 or 071 452 7397
- Mbongolwane Hospital: 035 476 6242
- Eshowe Hospital: 035 473 4500
- Ngudwini Clinic: 032 456 9000
- Osungulweni Clinic: 035 476 1009
- Ntumeni Clinic: 035 476 1008
- Mathungela Clinic: 032 455 9000
- Samungu Clinic: 032 456 9000
- King Dinizulu Clinic: 035 473 4500
- Siphilile Clinic: 073 971 0831
- Eshowe Gateway Clinic: 035 474 0207

GET MEDICALLY CIRCUMCISED!

I am circumcised but I still use a condom!

You made the right choice!

YOU ARE CIRCUMCISED

HOW DO YOU LIKE IT?
IMPORTANT RULES THAT WILL KEEP YOU SAFE!

IN CASE OF DOUBT - VISIT YOUR HOSPITAL OR CLINIC
If you have an infection, discharge of pus, painful swelling, inability to pass urine or painful urination, visit your hospital or clinic as soon as possible, even if you don’t have an appointment!

SHOW UP FOR FOLLOW-UP APPOINTMENTS
On the day of the circumcision you will be given an appointment to visit your clinic or hospital for follow-up. This will allow a health professional to check whether your wound is healing and to remove your bandages.

DO NOT attempt to remove your bandages if not advised to do so by a health professional!

TAKE CARE OF YOUR WOUND
Once the bandages have been removed you have to clean your wound at least twice a day to prevent infections. The wound should remain clean and dry at all times!

NO SEX FOR 6 WEEKS
You must not have sex or masturbate for 6 weeks after your circumcision. This gives enough time for your wound to heal. If you have sex before, this could damage the wound and result in an infection.
It also puts you and your partner at very high risk of getting HIV or STIs.

STAY SAFE AFTER YOU HAVE FULLY HEALED
Circumcision provides good but partial protection against HIV and STIs. Continue using a condom every time you have sex, keep to one sexual partner and test regularly for HIV.

HOW DO I REMOVE MY BANDAGES?
DO NOT attempt to remove your bandages if not advised to do so by a health professional!

Follow these simple steps:
1. Clean a container (bowl, yoghurt container) by rinsing it with boiling water
2. Wash your hands
3. In the container put a cup (250 ml) of water that has cooled after boiling (lukewarm, not boiling or hot).
4. Place your bandaged penis into the container with warm water. Allow it to soak in the water until the bandages become loose
5. Gently remove the bandages
6. If there is bleeding after removing your bandages, hold your penis in your hand and take a clean face cloth and apply pressure to the bleeding area for 10-15 minutes. Check to see if the bleeding has stopped
7. If the bleeding does not stop, contact your nearest clinic

HOW DO I TAKE CARE OF MY WOUND?
You will heal completely in 6 weeks. In this period you have to take care of your wound, avoid heavy physical activity and rest as much as possible.

KEEP YOUR WOUND CLEAN AND DRY
Once the bandages have been removed, in order to prevent infections, you should clean your wound at least twice a day immediately after showering or bathing.

Follow these simple steps:
1. Clean your container by rinsing it with boiling water every time you clean the wound
2. Wash your hands
3. Fill the container with warm water (not boiling or hot).
4. Take a clean face cloth and dip it into the container with lukewarm water.
5. Gently wipe one area of the wound. Rinse the cloth in the water before wiping the next area
6. Make sure that you wipe properly around stitches without pulling them. Your stitches will start falling out between 2-4 weeks after the operation. Let them fall out on their own to prevent complications and infections
7. Clean your container using soap and hot water. Cover it with a plastic bag and store it safely

WEAR SUITABLE AND CLEAN CLOTHING
Briefs (a type of underwear) will help you keep your penis in a comfortable position. The tip of your penis should face upwards towards your belly button for at least seven days.
DO NOT wear boxer shorts as your penis will hang loose and may rub against the fabric. This will irritate the wound!

AVOID HEAVY PHYSICAL ACTIVITY
Avoid heavy physical activity, sports, dancing, heavy field or household work for the first weeks. Rest as much as possible.

Clean your wound 2-3 times a day

Wash the wound 2-3 times a day

Wear briefs, NOT boxers