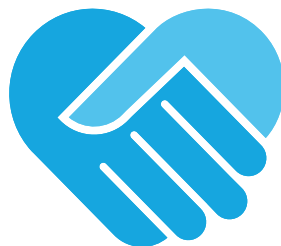




Older Child, Adolescent,
Adult Circumcision &
Penile Frenulectomy
Patient Information



**Gentle
Procedures
Clinic**



Gentle Procedures Clinic

*Minds that innovate. Hands that heal. Hearts that care.
No matter what your needs are, we're in this together.*

Circumcision

New Information About Health Benefits

Male babies are born with skin covering the end of the penis, called the foreskin. Circumcision is a procedure in which the foreskin is removed, exposing the tip of the penis. Circumcision is often performed on healthy babies within the first few days after birth.

Circumcision has often been a controversial issue that places parents in the position of balancing personal, cultural, and health issues when deciding whether to circumcise a son. In the past, medical evidence was insufficient to fully support circumcision's health benefits. More research has provided increasing evidence for health benefits of circumcision. An article in this month's issue of the *Archives* reviews studies evaluating male circumcision and sexually transmitted diseases. These studies found the following with regard to circumcision:

- Human immunodeficiency virus (HIV) was reduced by 53% to 60%.
- Herpes simplex virus type 2 (HSV-2) was reduced by 28% to 34%.
- Human papillomavirus (HPV) was reduced by 32% to 35%.
- Among female partners of circumcised men, bacterial vaginosis was reduced by 40% and *Trichomonas vaginalis* infection was reduced by 48%.

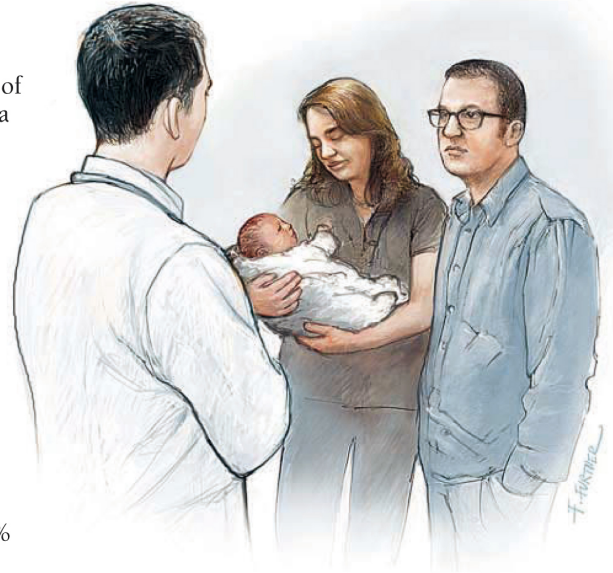
As many of these studies were done in developing countries, it is possible that the protective effects of circumcision may be lower in the United States. Additional health benefits of circumcision include the following:

- Lower risk of getting cancer of the penis, a rare type of cancer.
- Lower risk of urinary tract infections during the first year of life. Urinary tract infections during the first year of life can be serious and may lead to hospitalization. An uncircumcised baby boy has a 1 in 100 chance of getting a urinary tract infection during the first year of life, compared with a 1 in 1000 chance for a circumcised baby boy.
- Prevention of foreskin infections.
- Prevention of phimosis, a painful condition in which the foreskin retracts. Circumcised males do not get this condition.
- Easier genital hygiene.

Like any medical procedure, circumcision is not without risks, although complications are rare and usually minor. These complications may include bleeding, infection, improper healing, or cutting the foreskin too long or too short.

Some families decide not to circumcise their sons. Some families are concerned that the foreskin is needed for identity reasons, sexual pleasure reasons, or other reasons linked to family, culture, religion, or tradition. Circumcision is also an important part of some religions.

Parents can learn about potential risks and benefits of circumcision from their physician. Particularly because the topic of circumcision can be linked to strong opinions, parents should be cautious in interpreting stories or information from unvalidated Internet sources. The ultimate decision regarding circumcision of a baby boy is the parents'. Parents should feel both informed and supported in this decision.



FOR MORE INFORMATION

American Academy of Pediatrics
http://www.aap.org/publiced/BR_Circumcision.htm

INFORM YOURSELF

To find this and other Advice for Patients articles, go to the Advice for Patients link on the *Archives of Pediatrics & Adolescent Medicine* Web site at <http://archpedi.ama-assn.org/>.

Source: Centers for Disease Control and Prevention,
<http://www.cdc.gov/hiv/resources/factsheets/circumcision.htm>

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PEDIATRICS

Circumcision Policy Statement

TASK FORCE ON CIRCUMCISION

PEDIATRICS Volume 130, Number 3, September 2012

abstract

Male circumcision is a common procedure, generally performed during the newborn period in the United States. In 2007, the American Academy of Pediatrics (AAP) formed a multidisciplinary task force of AAP members and other stakeholders to evaluate the recent evidence on male circumcision and update the Academy's 1999 recommendations in this area. **Evaluation of current evidence indicates that the health benefits of newborn male circumcision outweigh the risks** and that the procedure's benefits justify access to this procedure for families who choose it. Specific benefits identified included prevention of urinary tract infections, penile cancer, and transmission of some sexually transmitted infections, including HIV. The American College of Obstetricians and Gynecologists has endorsed this statement. *Pediatrics* 2012;130:585–586

POLICY STATEMENT

Systematic evaluation of English-language peer-reviewed literature from 1995 through 2010 indicates that **preventive health benefits of elective circumcision of male newborns outweigh the risks of the procedure. Benefits include significant reductions in the risk of urinary tract infection in the first year of life and, subsequently, in the risk of heterosexual acquisition of HIV and the transmission of other sexually transmitted infections.**

The procedure is well tolerated when performed by trained professionals under sterile conditions with appropriate pain management. Complications are infrequent; most are minor, and severe complications are rare. Male circumcision performed during the newborn period has considerably lower complication rates than when performed later in life.

Although health benefits are not great enough to recommend routine circumcision for all male newborns, the benefits of circumcision are sufficient to justify access to this procedure for families choosing it and to warrant third-party payment for circumcision of male newborns. **It is important that clinicians routinely inform parents of the health benefits and risks of male newborn circumcision in an unbiased and accurate manner.**

Parents ultimately should decide whether circumcision is in the best interests of their male child. They will need to weigh medical information in the context of their own religious, ethical, and cultural beliefs and practices. The medical benefits alone may not outweigh these other considerations for individual families.

The American College of Obstetricians and Gynecologists has endorsed this statement.



TASK FORCE ON CIRCUMCISION

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*Health Care System and/or
Improve the Health of all Children*

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Print, 0031-4005; Online, 1098-4275).*

**Key points bolded and underlined by
Dr. Pollock for your ease of reference.**



You are considering to have, or about to have, a circumcision or frenulectomy procedure. This booklet will give you the general information you need. Please read it with care, and we hope that you find it to be a useful reference before and after your procedure.

* **IMPORTANT** : If your doctor gives you different advice from what has been provided in this booklet, please follow the specific directions you receive.



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Welcome

Welcome to Gentle Procedures Clinic. We strive to uphold the highest standards of patient care and surgical excellence. In keeping with this philosophy and to ensure that all patients are properly prepared before their procedure, we have prepared this manual which you should read with care.

About Us

Gentle Procedures Clinic is Australia's provider of Pollock Technique™ circumcision for babies, boys, and men of all ages. We also offer no-scalpel vasectomy as well as penile frenulectomy at most clinic locations.

With experienced physicians and convenient clinic locations, we can provide you with the care you need within days of calling our clinic. For added convenience, we offer online booking for fast service, and to allow booking when most suitable for patients.

Our dedicated team of physicians and staff take pride in providing personalized services and individualized care; we offer 24/7 aftercare and support before and after all procedures. The Gentle Procedures Southeast clinic is part of the broader Gentle Procedures network, with clinics across Australia and Canada, as well as in the UK, Ireland, and the US.

Dr. Ono Alex-Ohunyon

FRACGP, MBBS, MIPH/MHM UNSW, DCH

Dr. Ono Alex-Ohunyon has practised medicine for over 14 years, including practising Family Medicine in Bowral. He is the Practice Principal for Walker St General Practice and Gentle Procedures Southeast.

As well as being a fellow of the Royal Australia College of General Practitioners, he has a Masters of International Public Health and Health Management (UNSW), a Diploma of Child Health, and a Professional Certificate in Skin Cancer Medicine.

At Gentle Procedures Clinic Southeast, Dr. Ono is supported by a dedicated and highly qualified team that ensures the comfort and care of his patients.

Providing a high level of care focused on surgical excellence is Dr. Ono's goal. He strives to be up to date with medical knowledge and surgical skills in order to support his commitment to exceeding patient expectations.

Dr. Ono Alex-Ohunyon encourages his patients to take their health seriously, and is passionate about the positive impact a connection with medical professionals can have in their lives.

Furthermore, he is heavily involved with the local hospitals as a Visiting Medical Officer. He assists with caesarean sections and works in the Emergency Department at Bowral Hospital.

Dr. Ono Alex-Ohunyon has developed keen interest in medical procedures and pursued training in Pollock Technique™ circumcision with Dr. Neil Pollock at his Vancouver clinic and training centre. He is pleased to be able to offer the quick and virtually painless Pollock circumcision in Southeast NSW for patients from all over the Southern Highlands and Illawarra region.

In his spare time, Dr. Ono enjoys playing soccer, improving his carpentry skills and taking road trips with his young family.



About Circumcision

What Is Circumcision?

Circumcision is a simple procedure in which the foreskin that sheathes the head of the penis is removed. Since foreskin traps bacteria and other infectious agents, its removal may improve genital hygiene and reduce risk of disease over the lifetime of the boy and his future sexual partners.

In 2012, the American Academy of Pediatrics issued a statement that the health benefits of circumcision outweighed the risks. The Canadian Pediatrics Society acknowledges the potential benefits of circumcision but stops short of routine recommendation for newborns. Thus, circumcision for your son is a personal decision that you must make with your partner after weighing the benefits and risks and often involves religious or cultural preferences as well.

In the case of an adult circumcision, it is a personal decision based on personal, cosmetic or health reasons.

What Is The Ideal Age For Circumcision?

The ideal age for infant circumcision is within the first two weeks of life, and at our clinic we provide circumcision for males of all ages including older children, adolescents, and adults.

What Are The Potential Benefits Of Circumcision?

1. **Improved hygiene** – It is well known that microorganisms accumulate under the foreskin which fosters inflammation which can lead to conditions such as balanitis/balanoposthitis (inflammation of the head of the penis). The incidence of balanitis is twice as high as those who are uncircumcised. Smegma, which is a cheesy like secretion, can also accumulate under the foreskin combining with bacteria to produce an offensive odor.
2. **Reduced risk of urinary tract and bladder infections** – Because microorganisms can accumulate under and adhere to the foreskin, bacteria has a greater chance of migrating up the urethra causing urinary tract infections (UTIs) especially in infancy. Studies suggest an over 10-fold decrease in risk of urinary tract infection in circumcised infants. UTIs are a potentially painful and dangerous condition as it can result in kidney inflammation and scarring. Studies suggest that the protective effect of circumcision against UTIs when done as a newborn continues into adulthood.

3. **Eliminates risk of phimosis** – Phimosis is a condition where the foreskin becomes so tight that it cannot be pulled back fully, resulting in UTIs, local skin infection, pain when passing urine, retention of urine, kidney stones, and sexual dysfunction. Circumcision eliminates the risk of phimosis, which affects 1 in 20 older boys and men.
4. **Reduced risk of penile cancer** – Studies have shown an over 20-fold reduction in the risk of invasive penile cancer which is thought to arise from adherence of high-risk human papillomavirus to the foreskin and smegma causing chronic inflammation and recurrent infections resulting in phimosis. Invasive penile carcinoma is highly associated with a history of phimosis.
5. **Reduced risk of prostate cancer** – Some studies show that uncircumcised men may have a higher incident of prostate cancer.
6. **Reduced risk of sexually transmitted diseases** – This is because viruses enter through the inner lining of the foreskin which is thin and vulnerable. Ulceration and tearing of the foreskin are not uncommon in uncircumcised men, adding to the risk of virus entry. The following diseases are all reduced by circumcision:
 - Human immunodeficiency virus (HIV) is reduced by 53% to 60%.
 - Herpes simplex virus type 2 (HSV-2) is reduced by 28% to 34%.
 - Human papillomavirus (HPV) is reduced by 32% to 35%.
 - Among female partners of circumcised men, bacterial vaginosis is reduced by 40% and Trichomonas vaginalis infection is reduced by 48%.
7. **Reduced cervical cancer in women** – Circumcision reduces the risk of cervical cancer of a man's female partner by 5.6 times as there is less risk of adherence and colonization of human papillomavirus in circumcised men, which is a recognized cause of cervical cancer in women and venereal warts in both sexes.

What Are The Risks Of Circumcision?

1. **Bleeding** – In 1 in 500 circumcision there may be some bleeding that is usually stopped with pressure or less commonly with stitches. If a bleeding disorder such as hemophilia is present, then our doctors will need advice from a pediatric hematologist prior to proceeding.
2. **Infection** – There is always a possibility that there could be a generalized infection requiring antibiotics after the surgery (1/4000). Serious infections are rare (1/5000).
3. **Concealed penis** – When there is a generous amount of fat around the penis (pubic fat), the penis may retract inward becoming buried, leading to a trapped penis that would require medical intervention to release it (1/800).
4. **Meatal stenosis** – This is a narrowing of the urethra that may occur after the procedure requiring medical intervention (1/1000).
5. **Trauma** resulting in permanent damage to the head of the penis (never in our practice)
6. **Suboptimal cosmetic result** (1/500)
7. **More serious complications** including death (never in our practice).

Do I Need a Physician Referral In Order To Book An Appointment?

No. If you are booking for your son, it is a parental decision and we only require consent from both parents to proceed. You can book online directly, or give us a call with your questions.

If you are an adult planning circumcision for yourself, you may book online or call us for an appointment, as no referral is required.

Circumcision For Older Children, Adolescents And Adults

There are several reasons why men and older boys may choose a circumcision procedure including improved personal hygiene, cosmetic reasons or other personal reasons.

Features of our older boy and adult circumcision procedure include local anaesthetic, quick surgical technique, and skin glue closure. No hospital visit or doctor's referral is required.

We are also often asked; "Am I too old to get circumcised?" and the answer is almost invariably "no". Men and youth of all ages can have the surgery at our clinic. The most common age range for adult circumcision is 20 – 40 years old, but the procedure is regularly performed on a larger age range as requested for medical and personal reasons. The medical team at Gentle Procedures is experienced at circumcising men of all ages.

The Older Child, Adolescent And Adult Circumcision Process – Two Methods

Our team and our internal procedures are optimized to deliver care to men requiring circumcision. We perform two methods of circumcision – Mogen clamp circumcision using the Pollock Technique™ and Shang Ring Circumcision. Both provide equally good cosmetic results.

With either method, you will receive detailed written instructions for post-surgery care as well as consult one-on-one with the doctor. Healing times are relatively the same. Our doctor will determine which procedure will be best for you. Our team is available after surgery as required to answer your questions and to react quickly should there ever be any problems.

Pollock Technique™ Circumcision

This method uses a combination of local anesthetic and quick surgical technique, with the Mogen clamp and use of skin glue. With the skin glue closure method, we have been able to obtain improved cosmetic outcomes without suture track marks in the mucosa and skin. In addition, glue closure is faster than sutures.

Shang Ring Circumcision

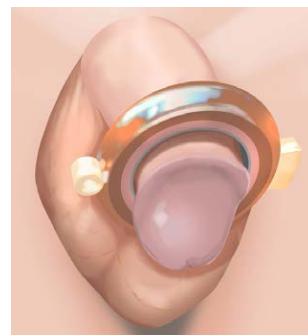
Shang Ring is a quick, virtually painless and bloodless procedure also providing a sutureless circumcision without track marks.

This method was developed in China through the backing of the Bill and Melinda Gates Foundation. Our doctor has trained in this technique and Gentle Procedures is one of the first clinics to offer Shang Ring circumcision in Southeast NSW, and in Australia.

Conveniently, dressing changes are not needed with the Shang Ring – and no skin glue is required.

The Shang Ring consists of two concentric medical grade plastic rings: an inner ring with a silicone band and an outer, hinged ring that acts as a ligature. The Shang Ring is removed after one week.

The advantages of the Shang Ring procedure may be benefits in your case, or our doctor may recommend Pollock Technique™ circumcision. In either case your procedure will be performed by an experienced doctor with a close follow-up post procedure.



Pre-Operative Instructions For Adult Circumcision

For Both Shang Ring And Pollock Technique™ Procedures

1. For one week prior to your surgery date, do not take any aspirin (ASA), anticoagulants (warfarin) or non-steroidal anti-inflammatory drugs (NSAIDS) such as ibuprofen, naproxen, Nurofen or iclofenac. These medications will thin your blood.
2. Two business days prior to your appointment, please call our office to confirm your circumcision.
3. Please avoid any alcohol 2 days before and after the procedure.
4. Please shave your pubic hair the day before the procedure as best as you can to save time.
5. On the day of your surgery eat before your procedure (a normal breakfast or lunch) as those who don't are more likely to become lightheaded.
6. Please take a shower with soap and water the day of your procedure.
7. Please arrive 15 minutes before for your appointment. You may drive yourself to and from the clinic after your procedure, although you may choose to have a driver if that makes you more comfortable, especially if you have a history of easily fainting.
8. Wear light clothing because it will be warm in the room and wear clothes you won't mind getting some iodine on.
9. When you are in one of the surgical rooms, you will not be required to fully undress; you just need to lower your pants, lie back on the table and relax.
10. You are now ready for your circumcision.
11. You are welcome to bring and listen to any music/podcast or watch any programming or play any games on your mobile device during the procedure.
12. If you have any questions, feel free to discuss with the doctor during your procedure.

Post Operative Instructions For Adult Circumcision

For Pollock Technique™ (Mogen Clamp) Procedures Only

1. For the first 24 hours, you will go home with a bandage wrapped around your penis. Do not try to re-wrap it in the first 24 hours. You will see the physician the next day to ensure there is no major swelling that requires re-bandaging.
2. On post op day 2, we will remove your bandage and re-wrap the penis.
3. For two weeks after your procedure you need to apply the dressing yourself twice a day. First take the gauze with the hole in the middle and apply antibiotic ointment around the hole and apply it to the penis. The penis goes through the hole. Then take the coban tape (brown dressing) to wrap the gauze around the penis.
4. You may shower the next day as long as your penis is covered with plastic or a waterproof covering, unless a physician indicates otherwise. Make sure the harsh stream of the shower does not hit your penis. You may take a regular shower after one week. You may take a bath after eight days.
5. Do not go swimming in a lake or public pool until you are completely healed which is usually around 5-6 weeks.
6. Do not take part in any intensive activities.

7. Do not have sex (or masturbate) until you are completely healed (around 6 weeks).
8. Try not to allow your penis to dangle freely. Tightly fitted briefs are recommended to keep the penis upright.
9. In the event that you experience mild pain (including during an erection), especially in the first few days after the circumcision, over-the-counter pain medications such as paracetamol or ibuprofen can be used for pain relief. If the pain is excessive, contact our office for further advice.
10. Five to seven days after your circumcision, you will return to the office for another follow up, then every two weeks thereafter.
11. A distended bladder often triggers erections. To avoid nocturnal erections, minimize fluid intake after 6pm and urinate before going to bed. You may want to set a time in the middle of the night to urinate. Applying ice is often helpful to reduce any nocturnal erections that occur.

Post Operative Instructions For Shang Ring Only

1. When you are back at home, rest until you have gotten used to having the Shang Ring in place.
2. Do not try to remove or reposition the Shang Ring yourself.
3. Keep the circumcised area clean and dry. This will promote proper healing. When you urinate, use tissue to dab the final few drops from the penis afterwards to prevent urine from seeping into the circumcision area, which might result in infection.
4. After the day of circumcision, you may shower as long as you carefully dry the penis and Shang Ring afterward. Do not go swimming or wash in a bathtub.
5. Do not take part in any intensive activities to avoid dislocating the ring. If you sweat heavily, be sure to clean and dry your body immediately, to keep the wound from becoming infected, which would delay healing.
6. Do not have sex (or masturbate) while the Shang Ring is in place.
7. Try not to allow your penis to dangle freely and keep it upright. Tightly fitted briefs are recommended to keep the penis from drooping downward and to keep the ring in place and avoid skin abrasion.
8. In the event that you experience mild pain (including during an erection), especially in the first few days after the circumcision, over-the-counter pain medications such as paracetamol or ibuprofen can be used for pain relief. If the pain is excessive, contact our office for further advice.
9. You may experience slight swelling around the Shang Ring. This is normal, so long as it does not cause you too much discomfort. Wearing tightly fitted briefs to keep the penis facing up should help prevent swelling.
10. Seven to ten days after your circumcision, you will return to the office to have the Shang Ring removed. Please take a 15-minute bath the day of your scheduled removal to help make it easier to remove. Do not try to remove the Shang Ring yourself or re-position the ring.
11. A distended bladder often triggers erections. To avoid nocturnal erections, minimize fluid intake after 6pm and urinate before going to bed. You may want to set a time in the middle of the night to urinate. Applying ice or taking a cold shower is often helpful to reduce any nocturnal erections that occur.
12. After the Shang Ring is removed do not shower for 7 days. You will be wrapping a bandage over the wound for 7 days. After that, continue to apply Vaseline onto the wound for one week.
13. No sex or masturbation for another 4 weeks.

About Penile Frenulectomy

What Is Penile Frenulectomy?

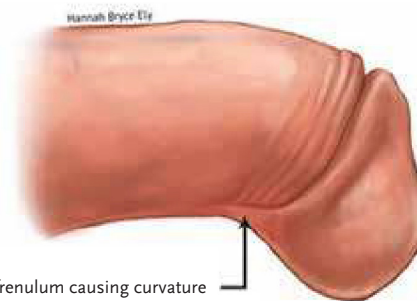
Penile frenulectomy and frenuloplasty are procedures that can alleviate the pain associated with a tight band of tissue connecting the glans to the shaft of the penis on its underside. When the frenulum is tight or short this is called a frenulum breve. A tight frenulum can exist in both circumcised and uncircumcised men and can create a restriction that is susceptible to micro-trauma, causing bleeding and painful erections.

The procedure involves the removal of the restricting tissue for increased range of motion in the penile skin and enhanced sexual enjoyment. The procedure is performed using a long acting local anaesthetic and generally results in relief with a very brief recovery period.

Tight Frenulum – A Cause of Penile Pain and Bleeding During Sex

The frenulum of the penis is a band of tissue located underneath the penis. When the frenulum is tight or short, this is called a frenulum breve. This can result in tension on the frenulum during erections, which can rip and tear during vigorous activities such as sex, causing pain and bleeding which in turn causes many men to lose their erections.

Some men go through their entire lives suffering from pain and bleeding unaware that there is a cure. The degree of tightness and thickness of the frenulum varies from men to men.



Tight frenulum causing curvature with erections

© 2014 New York Urology Specialists

A Tight Frenulum May Cause Premature Ejaculation

Premature ejaculation is uncontrolled ejaculation either before or shortly after sexual penetration. It happens with minimal sexual stimulation and before the person wishes. It may result in unsatisfactory sex for both partners. This can increase the anxiety that may add to the problem. It is one of the most common forms of male sexual dysfunction. Between 30% and 70% of men have PE. While it is more common in younger men, it can happen at any age.

Having an orgasm too soon is not always cause for concern. However, clinical diagnosis is made when a man exhibits the following symptoms:

- Ejaculation occurs too quickly, often in the first few minutes of intercourse, or in other sexual situations, even during masturbation
- Inability to delay ejaculation most of the time
- Feelings of anxiety, or avoidance of sexual intimacy as a result

Both psychological and biological factors can play a role in premature ejaculation. Although many men feel embarrassed talking about it, premature ejaculation is a common and treatable condition.

Premature ejaculation can be classified as:

- **Lifelong (primary).** Lifelong premature ejaculation occurs all or nearly all of the time beginning with your first sexual encounters.
- **Acquired (secondary).** Acquired premature ejaculation develops after you've had previous sexual experiences without ejaculatory problems.

Some studies report that a short frenulum is found in up to 43% of individuals affected by premature ejaculation. It is thought that the frenulum plays an important role in penile erection and when frenulum tension exceeds a certain limit, orgasm and ejaculation may be accelerated. When the frenulum is lengthened, penile tension and sensitivity may be decreased.

Penile frenulectomy has been shown to be effective in some but not in all cases of premature ejaculation.

Our Approach

We are familiar with several different techniques being used around the world. Depending on the size and shape of your penile frenulum, we may employ a scalpel or bipolar diathermy to release it. Once the frenulum is released, we will then assess whether dissolvable stitches will be necessary to approximate the incision.

Regardless of your anatomy, our goal is to provide the optimal aesthetic and functional result. Recovery usually takes only a few weeks. Procedures are performed under long lasting local anaesthetic.

Common Questions

Can the problems associated with a short frenulum get better by themselves?

No, unfortunately a short frenulum generally does not get better on its own. Sometimes stretching exercises are suggested, but the frenulum is a rather tough tissue that is not easily stretched. A frenulectomy is usually necessary to release the tight band of tissue creating painful downward traction on the glans.

Is a frenulectomy painful?

We perform frenulectomy under long-acting local anesthesia and those men who have undergone this procedure usually describe it as virtually painless.

What are the potential risks of the procedure?

- Swelling and bruising at the site of the procedure (1/100).
- Infection requiring antibiotics (1/500).
- Bleeding (usually mild) (1/100).
- Scarring at the site of the operation (1/100).

- Meatal stenosis due to injury to the frenular artery requiring a meatotomy (1/500).
- Suboptimal cosmetic or functional effect requiring a second procedure (1/100).
- Chronic pain at the site of the surgery (1/500).
- Vasovagal reaction causing light-headedness after the procedure (1/200).

How long does it take to recover?

Recovery from penile frenulectomy is relatively quick and painless. Most men do not require additional pain medications after the procedure and are able to return to office work the next day. If your work requires heavy or physical activity, you will need a few days off.

We generally recommend no sex for at least 5-6 weeks to allow the surgical site to heal optimally and sutures, if required at the time of the procedure, to dissolve.

How will this affect my sex life?

After a frenulectomy, because the tight band is released, sex becomes more pleasurable due to less pain and worry from tearing and bleeding.

If I am uncircumcised, how will frenulectomy affect my foreskin?

Frenulectomy does not affect your foreskin and you will remain uncircumcised. Because frenulectomy only involves releasing the tight band of tissue underneath the penis where it attaches to your foreskin, your foreskin will be preserved. If you are interested in circumcision, please refer to our website for more information.

Patient Instructions for Penile Frenulectomy

Pre-Operative Instructions

1. For one week prior to your surgery date, do not take any aspirin, anticoagulants (warfarin) or nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, naproxen, or diclofenac. These medications will thin your blood.
2. Please avoid any alcohol 2 days before and after the procedure.
3. Please shave your pubic hair the day before the procedure as best you can.
4. On the day of your surgery eat before your procedure (a normal breakfast or lunch) as those who don't are more likely to become lightheaded.
5. Please take a shower with soap and water the day of your procedure.
6. Please arrive 15 minutes before for your appointment. You may drive yourself to and from the clinic after your procedure, although you may choose to have a driver if that makes you more comfortable, especially if you have a history of easily fainting.
7. Wear light clothing because it will be warm in the room and wear clothes you won't mind getting some iodine on.
8. When you are in one of the surgical rooms, you will not be required to fully undress; you just need to lower your pants, lie back on the table and relax.
9. You are now ready for your frenulectomy.
10. You are welcome to bring and listen to any music/podcast or watch any programming or play any games on your mobile device during the procedure.
11. If you have any questions, feel free to discuss with the doctor during your procedure.

Post Operative Instructions

1. Most men do not require any additional pain medication after the procedure, but you may take up to 2 extra strength paracetamol tablets every 6 hours as needed for pain control. After 48 hours, you should take ibuprofen, 400 mg, every 6 hours, only as needed.
2. There may be a small amount of bleeding at the surgical site. This is normal and will stop in a few days. If it does not, call our office or emergency number provided.
3. Follow up is typically conducted 2 days after your procedure. Subsequent follow up appointments are at 2 weeks and then at 6 weeks after your procedure. Please call our office to schedule these appointments.
4. You may return to office work the next day, but your work requires a lot of activity you should take 2-3 days off.
5. We recommend no sexual activity for about 5-6 weeks or until the sutures come out completely.



Learn More About Infant Circumcision

What Is Circumcision?

Circumcision is a simple procedure in which the foreskin that sheathes the head of the penis is removed. Since the foreskin traps bacteria and other infectious agents, its removal may improve genital hygiene and reduce risk of disease over the lifetime of the boy and his future sexual partners.

Benefits of Infant Circumcision

In 2012, the American Academy of Pediatrics issued a statement that the health benefits of circumcision outweighed the risks. The Canadian Pediatrics Society acknowledges the potential benefits of circumcision but stops short of recommending routine circumcision for newborns.

Circumcision for your son is a personal decision that you must make with your partner after weighing the benefits and risks, and often involves religious or cultural preferences as well.

What Is the Ideal Age for Circumcision?

The ideal age for infant circumcision is within the first two weeks of life, and at our clinic, we provide circumcision for males of all ages including babies, older children, adolescents, and adults.

Pollock Technique™ Circumcision

The Pollock Technique™ used at Gentle Procedures is based on the Mogen technique. This technique is known for its quickness and safety, and our circumcision doctor uses extensive pain control methods. This ensures that your son will feel little or no pain at all.

The objective of the Pollock Technique™ is to minimize stress on the infant and family via maximum pain control and a quick and simple procedure.



Do I Need a Physician Referral in Order to Book an Appointment?

No. If you are booking for your son, it is a parental decision, and we only require consent from both parents to proceed. You can book online directly or give us a call with your questions.



Gentle Procedures Clinic

*Thank you for your interest
in Gentle Procedures Clinic
for a circumcision or penile
frenulectomy procedure.*

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