

Shang Ring Adult Circumcision Post- Procedure Care



**Gentle
Procedures
Clinic**

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 re-position 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. 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. We generally advise paracetamol 1000 mg plus ibuprofen 400 mg 3 times a day for 5 days. 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. You can apply ice to your penis to reduce swelling.
10. Five to seven 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. We will freeze the penis once again prior to ring removal.
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 5 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. The wound will look “open”. This is normal. There will be white and yellow discharge that looks like “pus”. This is also normal. We often add a few anchor sutures to reduce the risk of wound dehiscence.
14. No sex or masturbation for another 4 weeks.

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