

PHIMOSIS (NARROWING OF THE FORESKIN) AND CIRCUMCISIO

Circumcision is a surgical procedure in which the foreskin is completely removed in a circular fashion using a scalpel or a stapling suture device, and the wound is then closed.

The operation is indicated for both phimosis and paraphimosis.

Phimosis is a narrowing of the foreskin, where it cannot be partially or fully retracted over the head (glans) of the penis. A less common condition is paraphimosis, where the glands become trapped and compressed behind the tight foreskin.

The procedure is typically performed under general anesthesia due to its painful nature, but it can also be done under local anesthesia, in which case an anesthetic solution is injected into and under the foreskin.

Before the operation, a urologist consultation is required to assess your health condition and determine whether surgery is necessary.

More about the condition

Common symptoms of phimosis include:

- Painful and difficult retraction of the foreskin over the glans.
- Pain in the foreskin area during erection.
- Inflammation is associated with narrowing.
- Difficulty urinating.

The foreskin should be fully retractable over the glans starting from around 4 years of age.

Phimosis may be congenital or developed later in life due to inflammation of the urinary tract or foreskin. Inflammation can lead to scarring, thickening, reduced mobility, and in severe cases, adhesion of the foreskin to the glands.

In paraphimosis, the tight foreskin remains behind the glans, causing painful swelling.

Preparing for surgery

Once the surgery date is set, you will be scheduled for the necessary tests and examinations.

If the procedure is to be performed under general anesthesia, you will receive an anesthesia questionnaire, which must be filled in as accurately as possible, including:

- Past and current illnesses.
- Medications you are taking or have recently taken.
- Allergies to medications.
- Previous surgeries.
- Lifestyle habits (e.g., sports, smoking, alcohol use, etc.).

Based on this information, the doctor will decide whether an additional consultation with the anesthesiologist is needed.

Important! Inform your doctor and urology nurse if:

- You take blood-thinning medications (e.g., Marevan, Plavix, Eliquis, Xarelto, Aspirin, etc.).
- You have drug allergies.
- You have symptoms of a cold.

The day before and the evening before surgery:

- Eat easily digestible foods.
- Drink plenty of fluids.
- Avoid alcohol.
- Prepare painkillers, antiseptics, and dressing materials at home.

Morning of surgery:

- Bring your ID, anesthesiology form, informed consent, and medications for chronic conditions.
- Take only approved medications with a small amount of water.
- Do not eat, chew gum, or smoke for 6 hours.
- Do not drink water for 4 hours.
- Shower at home.
- Do not swallow water while brushing your teeth.
- Remove all jewelry.
- Arrive by taxi.

Before surgery:

- Put on the surgical clothing provided.
- Remove and give the nurse your glasses, contact lenses, and removable dentures.
- Use the toilet before going to the operating room.
- Bring your hearing aid and/or asthma inhaler, if needed.
- The surgical area will be shaved at the clinic right before the procedure — do not shave at home, as it increases the risk of infection.

After the surgery

- You may experience dizziness and nausea after anesthesia.
- If you feel pain, ask for pain relief. Pain usually subsides by day 2 or 3.
- Discharge is typically on the same day, unless your doctor advises otherwise.
- Do not drive or operate machinery for 24 hours after anesthesia due to impaired reflexes.
- Arrange for someone to take you home.
- The dressing can be removed the next day, or earlier if it is soiled. Maintaining hygiene in the surgical area is very important!
- The stitches are dissolvable and typically disappear within 2–3 weeks.

Work and recovery

The duration of sick leave depends on your profession. You may return to work as soon as you feel ready.

If your condition suddenly worsens, go to the emergency department or call an ambulance.

If you experience bleeding, inflammation, severe pain, or fever over 38 °C, contact Medicum City Centre Clinic at 605 0610 (Mon–Fri 8:00–17:30) or visit the emergency department.

If a drain was placed, please schedule a follow-up with a urology nurse by calling 605 0610 (Mon–Fri 8:00–17:30).

A follow-up appointment with a urologist is usually not required. If you still wish to have a check-up, please inform your doctor before the surgery, and an appointment will be arranged for you.