

Medical Male Circumcision

[Get circumcised - know the facts](#)

Medical Male Circumcision

- Reduces the chances of men getting infected by the HIV by 60%
- Reduces the transference of the Herpes type 2 virus
- Reduces the chances of cancer of the cervix in women
- Your penis is odour free and feels cleaner

MMC is FREE and can be confidential

MMC is safe and a little uncomfortable in EXPERIENCED hands

What do you have to do?

- Go to your nearest Clinic for help and support
- The Clinic staff will prepare you for MMC with screening for diabetes, hypertension, TB, HIV.

What do I do to recover quickly after MMC?

- Avoid heavy work or exercise after MMC to allow the wound to heal.
- Take good care of your wound
- Clean the penis twice a day with salt water
- Keep the penis clean and dry
- Do not pull or scratch the penis while it is healing.
- It is important to go back to the Clinic on the given date – usually within 1-5 days.
- Avoid sexual activity – even with a condom- as well as masturbation for at least 6 weeks after your surgery.

Return to the Clinic if:

- There is bleeding that does not want to stop
- Severe pain- especially in your lower abdomen
- Difficulty in urinating
- Lots of swelling around your penis
- Discharge from the wound