ADELAIDE CIRCUMCISION

English

Patient Handout: Shang Ring Instruction Sheet

Wearing the Shang Ring

It is recommended that, back at home, you rest until you have gotten used to the Shang Ring being in place.

Do not try to remove or reposition the Shang Ring yourself, and keep the penis clean and dry.

You may shower while the Shang Ring is in place as long as you carefully dry the penis and Shang Ring afterwards.

Do not go swimming or wash in a bathtub unless advised by us.

Do not take part in any intensive activities to avoid the dislocation of the ring.

In the case of heavy sweating, be sure to keep the penis and surrounding area dry.

DO NOT HAVE SEX (INCLUDING MASTURBATION) while the Shang Ring is in place.

Try not to allow your penis to dangle freely.

Tightly fitted briefs are recommended in order to keep the penis facing up and to keep the ring in place and avoid skin abrasion.

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, naproxen or Ibuprofen can be used for pain relief.

If the pain is excessive, contact your health care provider for further advice.

Keep the circumcised area clean and dry. This will promote proper healing.

When urinating, use a piece of toilet paper or cloth to prevent urine from seeping into the circumcision area, possibly resulting in infection.

Do not apply ointment or cream on or around the circumcised area because it may slow the healing process.

You may experience slight swelling around the Shang Ring. This is normal as long as it does not cause you too much discomfort.

Wearing tightly fitted briefs to keep the penis facing up should help prevent swelling.

Seven to ten days after your circumcision, return to your health care provider’s office to have the Shang Ring removed.

Do not try to remove or reposition the Shang Ring yourself.

After Removal of the Shang Ring

Keep the bandage clean and dry.

In the event that the bandage does get wet, replace the bandage immediately.

Replace the bandage once daily.

Do not apply ointment or cream on or around the wound after removal of the ShangRing until the wound is completely healed because it may slow the healing process.

DO NOT HAVE SEX (INCLUDING MASTURBATION) within the 6 weeks after your circumcision or until the wound has healed completely.

Your health care provider will advise you about this during your follow-up visits.

The World Health Organization recommends that you should use condoms to protect the circumcision wound (as well as to reduce the transmission of HIV and other infections) for six months, even after it appears completely healed (WHO, 2009).

At any time while wearing the Shang Ring or after removal, contact your health care provider or visit the clinic at Klemzig Village Medical Center.

If you notice bleeding from around the Shan Ring or from the wound after Shang Ring removal.

If you experience difficulty passing urine.

If you experience painful swelling, increasing redness, bruising (discoloration of the area around the wound), fever or appearance of pus or discharge from the wound.

If there is severe swelling around the Shang Ring, or around the area in which the Shang Ring was placed which causes you discomfort.

If you experience excessive pain (including during an erection) while the ring is still in place.

If the Shang Ring is damaged or comes off accidentally (partially or completely).

If you have any further inquiries, contact Dr. Omair Chaudry on 0421193675. Call for emergencies only. If it is not an emergency please text message your question with pictures and identification (patient name and date surgery). If you are unable to get in touch in an emergency and this number is not responding please look for emergency medical attention at local Hospital or call an Ambulance.

In the usual course of healing the after the outer ring is removed the internal ring will separate in 12 -48 hours. After this we recommend the use of Shang Ring Bandages provided.

There will be a dark ring of dried skin which is between the 2 rings. This may be a dried ring which will slowly separates in 2-3 weeks. When it separates it can become wet, have white stringy cheesy material and have a foul odor. This is not infected. This is dead skin being broken down by the body separating and discarding itself. If you have concerns about this please contact the phone number provided.

There are 7 Shang Ring bandages provided. If you run out and need more bandages please see your local pharmacy. A suitable alternative is 15X8.5 cm Post Op Site. This can be divided along its length to give you 2 bandages.

Looking forward to seeing you for your procedure !