## **CIRCUMCISION:**

Circumcision (or Khatna) is a procedure for males where their foreskin (a skin that covers the tip of the penis) is being removed. It is traditionally performed in infants and is an established practice in some religions) but that procedure is prone to complications like infections on the tip of your penis(foreskin), bleeding, inflammation, injury to the penis, and other side effects due to lack of sterilization. In this case, medical circumcision is highly recommended.

**TYPES OF MEDICAL CIRCUMCISION:**

1. Laser Circumcision
2. Stapler Circumcision

**LASER CIRCUMCISION:**

Modern times have called for modern methods and thanks to scientific advancements, we can perform circumcision in the safest and most advanced procedure called laser circumcision.

During the procedure, the surgeon cuts the foreskin using a high-energy beam laser. Minimal blood loss and the cuts being performed here are the most accurate and safer than the conventional method. This procedure also does not damage the surrounding tissues and is safe to avoid any further complications.

The circumcision procedure is quick and safe, taking less time than other methods. It only takes 30 minutes for infants and 10-15 minutes for adults, and patients can be discharged on the same day. There may be minor post-operative discomfort or pain, but this can be managed with painkillers or by following the doctor's advice.

An outpatient procedure is being performed in general or local anesthesia and the recovery time is as quick as one week.

**STAPLER CIRCUMCISION:**

Stapler circumcision is another widely used method for the removal of the foreskin of penis (circumcision). A stapler called an anastomat is used in this procedure which is especially designed for circumcision, the procedure itself is safe, quick, and efficient.

A stapler is used under this procedure of circumcision. The stapler which is fitted over the penis is so quick in motion that once fired, it instantly removes the foreskin in one motion. A silicon ring/non-bioabsorbable staples are used in this procedure to close the incisions. The length of the foreskin to be removed is already pre-decided in the procedure, it provides desired results in a much safer and quicker manner.

The procedure is being performed under the general or local anesthesia. This is an outpatient procedure, and you can return home on the same day and resume work within one week. Babies can recover faster as compared to adults, their recovery time is 7-10 days, and their silicone ring also falls off within 5-7 days which is comparatively little longer in adults, i.e. 10-14 days.

Adults must avoid indulging in any sexual activities, masturbation, or exercises like running, or weightlifting to avoid delay in recovery and strain in pelvis muscles.

## **DIFFERENCE BETWEEN LASER AND STAPLER CIRCUMCISION:**

|  |  |  |
| --- | --- | --- |
| Difference | Laser Circumcision | ZSR Circumcision |
| Surgery time | 10-15 minutes | 10-20 minutes |
| Recovery Period | Around 1 week | 7-10 days |
| Bleeding/Cuts | None | None |
| Pain during recovery | Mild pain and discomfort | Mild pain and discomfort |
| Complications & Side-effects | Nil | Tearing of foreskin |

**TESTS PERFORMED BEFORE CIRCUMCISION:**

* Urinalysis: Lab tests are done to check for the appearance, content, and concentration of urine to check for UTIs, kidney issues, or other types of infections.
* Tissue culture: Foreskin is examined to check for bacterial or fungal infections.
* Blood tests: Basic blood sugar and glucose urine tests are performed to find the glucose levels (for diabetic patients).

**WHEN CIRCUMCISION IS REQUIRED:**

* if you observe penis blood on the tip of your penis.
* if you are not satisfied with the look, size, and appearance of your foreskin.
* If you observe foul-smelling discharge from your penis.
* If you observe pain or discomfort during sexual intercourse or while peeing.
* If your penis is swollen or inflammation is there.
* If you cannot retract your foreskin.