

Circumcision Methods for babies: Plastibell and Gomco Clamp

When it comes to circumcising baby boys, two widely used methods are the Plastibell and the Gomco Clamp.

Plastibell Method:

The Plastibell method is a circumcision technique specifically designed for baby boys, utilising a small plastic device known as the Plastibell. This device consists of a plastic ring that is selected based on the size of the glans of the penis. During the procedure, the Plastibell is carefully placed over the glans after gently retracting the foreskin using artery forceps. The ring is then secured by tying a string around its rim, which creates a snug fit and restricts blood flow to the foreskin. The entire process takes approximately 7 to 10 days.

Gomco Clamp Method:

The Gomco method, popular in the USA, utilises a Gomco clamp and is suitable for younger baby boys (under 6 weeks old). This quick and straightforward method has a slightly higher risk of bleeding compared to the Plastibell technique.

Methods for Adults: Sleeve Resection

For adult circumcision, the preferred method is the surgical "Sleeve Resection," requiring absorbable sutures. This method ensures an excellent cosmetic outcome while minimising the risk of removing too much or too little skin. Precise incisions on external and inner (mucosal) layers of the foreskin are marked to achieve optimal results. Although there are alternative methods with higher risks and complications, these are not performed by Dr. Alinia.

Post Circumcision Care:

For Babies:

- Apply antibiotic cream daily until the Plastibell falls off.
- After the ring falls off, apply vaseline for 4-6 weeks to lubricate the circumcision wound.

- Pull back the remainder of the foreskin once a day to prevent adhesion to the head of the penis.
- Schedule a review after the Plastibell falls off or if it hasn't fallen off two weeks after the procedure.

For Adults:

- Apply antibiotic cream for one week, followed by vaseline for 3-4 weeks to ensure wound and stitch lubrication.
- Stitches typically dissolve in 2-3 weeks.
- Avoid sexual intercourse for 6 weeks.

Complications of Circumcision:

Common complications include infection and, less commonly, bleeding. Other issues may include pain, swelling, hematoma, and bruising. Rare but more serious complications involve excessive or insufficient skin removal, injury to the penis and urethra. Changes in sexual pleasure and function remain controversial, with reports varying from improved to decreased sexual satisfaction.

For any concerns or questions about circumcision, consult with a qualified healthcare professional.