

Infant Circumcision

Patient Information

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No-Scalpel No-Needle Vasectomy
Circumcision For All Ages
Penile Frenulectomy
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Circumcision

New Information About Health Benefits

Male babies are born with skin covering the end of the penis, called the foreskin. Circumcision is a procedure in which the foreskin is removed, exposing the tip of the penis. Circumcision is often performed on healthy babies within the first few days after birth.

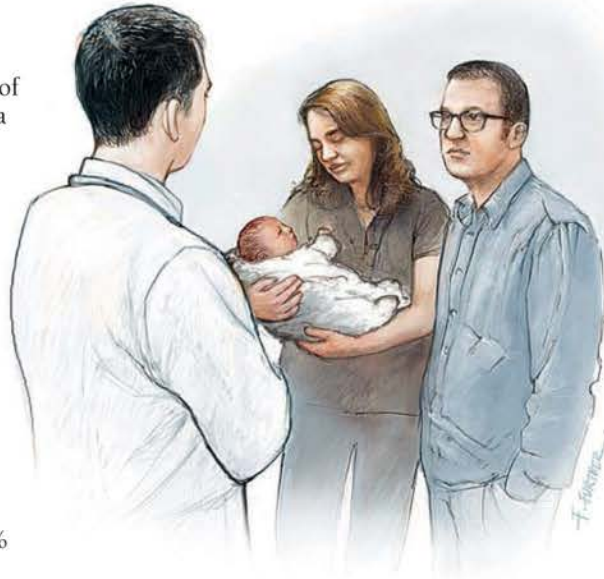
Circumcision has often been a controversial issue that places parents in the position of balancing personal, cultural, and health issues when deciding whether to circumcise a son. In the past, medical evidence was insufficient to fully support circumcision's health benefits. More research has provided increasing evidence for health benefits of circumcision. An article in this month's issue of the *Archives* reviews studies evaluating male circumcision and sexually transmitted diseases. These studies found the following with regard to circumcision:

- Human immunodeficiency virus (HIV) was reduced by 53% to 60%.
 - Herpes simplex virus type 2 (HSV-2) was reduced by 28% to 34%.
 - Human papillomavirus (HPV) was reduced by 32% to 35%.
 - Among female partners of circumcised men, bacterial vaginosis was reduced by 40% and *Trichomonas vaginalis* infection was reduced by 48%.
- As many of these studies were done in developing countries, it is possible that the protective effects of circumcision may be lower in the United States. Additional health benefits of circumcision include the following:
- Lower risk of getting cancer of the penis, a rare type of cancer.
 - Lower risk of urinary tract infections during the first year of life. Urinary tract infections during the first year of life can be serious and may lead to hospitalization. An uncircumcised baby boy has a 1 in 100 chance of getting a urinary tract infection during the first year of life, compared with a 1 in 1000 chance for a circumcised baby boy.
 - Prevention of foreskin infections.
 - Prevention of phimosis, a painful condition in which the foreskin retracts. Circumcised males do not get this condition.
 - Easier genital hygiene.

Like any medical procedure, circumcision is not without risks, although complications are rare and usually minor. These complications may include bleeding, infection, improper healing, or cutting the foreskin too long or too short.

Some families decide not to circumcise their sons. Some families are concerned that the foreskin is needed for identity reasons, sexual pleasure reasons, or other reasons linked to family, culture, religion, or tradition. Circumcision is also an important part of some religions.

Parents can learn about potential risks and benefits of circumcision from their physician. Particularly because the topic of circumcision can be linked to strong opinions, parents should be cautious in interpreting stories or information from unvalidated Internet sources. The ultimate decision regarding circumcision of a baby boy is the parents'. Parents should feel both informed and supported in this decision.



FOR MORE INFORMATION

American Academy of Pediatrics
http://www.aap.org/publiced/BR_Circumcision.htm

INFORM YOURSELF

To find this and other Advice for Patients articles, go to the Advice for Patients link on the *Archives of Pediatrics & Adolescent Medicine* Web site at <http://archpedi.ama-assn.org/>.

Source: Centers for Disease Control and Prevention,
<http://www.cdc.gov/hiv/resources/factsheets/circumcision.htm>

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PEDIATRICS

Circumcision Policy Statement

TASK FORCE ON CIRCUMCISION

PEDIATRICS Volume 130, Number 3, September 2012

abstract

Male circumcision is a common procedure, generally performed during the newborn period in the United States. In 2007, the American Academy of Pediatrics (AAP) formed a multidisciplinary task force of AAP members and other stakeholders to evaluate the recent evidence on male circumcision and update the Academy's 1999 recommendations in this area. **Evaluation of current evidence indicates that the health benefits of newborn male circumcision outweigh the risks** and that the procedure's benefits justify access to this procedure for families who choose it. Specific benefits identified included prevention of urinary tract infections, penile cancer, and transmission of some sexually transmitted infections, including HIV. The American College of Obstetricians and Gynecologists has endorsed this statement. *Pediatrics* 2012;130:585–586

POLICY STATEMENT

Systematic evaluation of English-language peer-reviewed literature from 1995 through 2010 indicates that **preventive health benefits of elective circumcision of male newborns outweigh the risks of the procedure. Benefits include significant reductions in the risk of urinary tract infection in the first year of life and, subsequently, in the risk of heterosexual acquisition of HIV and the transmission of other sexually transmitted infections.**

The procedure is well tolerated when performed by trained professionals under sterile conditions with appropriate pain management. Complications are infrequent; most are minor, and severe complications are rare. Male circumcision performed during the newborn period has considerably lower complication rates than when performed later in life.

Although health benefits are not great enough to recommend routine circumcision for all male newborns, the benefits of circumcision are sufficient to justify access to this procedure for families choosing it and to warrant third-party payment for circumcision of male newborns. **It is important that clinicians routinely inform parents of the health benefits and risks of male newborn circumcision in an unbiased and accurate manner.**

Parents ultimately should decide whether circumcision is in the best interests of their male child. They will need to weigh medical information in the context of their own religious, ethical, and cultural beliefs and practices. The medical benefits alone may not outweigh these other considerations for individual families.

The American College of Obstetricians and Gynecologists has endorsed this statement.




TASK FORCE ON CIRCUMCISION

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**Key points bolded and underlined by
Dr. Pollock for your ease of reference.**



You are either about to have a circumcision performed on your son or considering this procedure for him. Parents who are informed and prepared for circumcision can help their newborn son recover in less time by being better prepared. This booklet will give you the general information you need. Please read it with care, and we hope you find it a useful reference before and after your son's procedure.

*** IMPORTANT :** If your surgeon gives you different advice than what has been provided in this booklet, please follow the specific directions you receive.

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Welcome

Welcome to Pollock Clinics! We thank you for your trust. Our mission is to make world-class expertise available to residents of British Columbia. For over 25 years we have made it a priority to strive to achieve the highest standards of patient care.

About Us

Our clinics deliver a focused set of therapies and surgical procedures. With highly experienced physicians and two convenient clinic locations (in New Westminster and Vancouver), we are able to provide you with the care you need within just days of calling our clinic. For added convenience, we offer online booking for fast service, and to allow booking when most suitable for patients.

Our team of dedicated physicians and staff take pride providing personalized services and individualized care; we offer 24/7 aftercare and support before and after all procedures.

Our Procedures

Pollock Clinics is BC's largest provider of no-scalpel no-needle vasectomy and circumcision for babies, boys, and men of all ages. We also offer treatment for erectile dysfunction as well as penile frenuloplasty and frenulectomy, and circumcision revision.

Our Doctors

Dr. Neil Pollock, MD

Neil Pollock, MD is the founder of Pollock Clinics and has over 20 years of clinical and research experience in vasectomy and circumcision. He has developed and pioneered the Pollock Technique™ for circumcision. Numerous articles have been written about Dr. Pollock in local and national publications and he is an invited guest lecturer and surgical instructor at many hospitals and conferences in Vancouver and throughout the world, including Haiti, Turkey, China, Rwanda, and the US.

Dr. Pollock is a Clinical Instructor with the University of British Columbia Faculty of Medicine. He enjoys teaching medical students and visiting physicians, who travel from around the world to Vancouver to work specifically with him to learn his unique and highly respected surgical techniques.

Dr. Jack Chang, MD

Jack Chang, MD, is a graduate of Yale University and the University of British Columbia Medical School. After completing his postgraduate training in Prince George, BC, he started his career serving rural and remote communities in BC, Yukon, and Nunavut before joining Pollock Clinics in 2014.

Dr. Chang studied under some of the most renowned vasectomy physicians in North America. Along with Dr. Pollock they are among the most experienced providers in the world. Dr. Chang is a veteran of multiple No-Scalpel Vasectomy International medical missions, providing free vasectomies in developing countries such as Haiti, Kenya, and the Philippines to alleviate poverty through family planning, and trains international physicians from around the world in both developed and underdeveloped nations.

He is a Clinical Instructor at the University of British Columbia Faculty of Medicine and is actively involved in teaching medical students and residents.

Getting Started

What Is Circumcision?

Circumcision is a simple procedure in which the foreskin that sheathes the head of the penis is removed. Since the foreskin traps bacteria and other infectious agents, its removal may improve genital hygiene and reduce risk of disease over the lifetime of the boy and his future sexual partners.

In 2012, the American Academy of Pediatrics issued a statement that the health benefits of circumcision outweighed the risks. The Canadian Pediatrics Society acknowledges the potential benefits of circumcision but stops short of recommending routine circumcision for newborns. Thus, circumcision for your son is a personal decision that you must make with your partner after weighing the benefits and risks and often involves religious or cultural preferences as well.

What Is The Ideal Age For Circumcision?

The ideal age for infant circumcision is within the first two weeks of life, and at our clinic we provide circumcision for males of all ages including older children, adolescents, and adults.

Do I Need a Physician Referral In Order To Book An Appointment?

No. If you are booking for your son, it is a parental decision and we only require consent from both parents to proceed. You can book online directly or give us a call with your questions.

What Are The Potential Benefits Of Circumcision?

1. **Improved hygiene** – It is well known that microorganisms accumulate under the foreskin which fosters inflammation which can lead to conditions such as balanitis/balanoposthitis (inflammation of the head of the penis). The incidence of balanitis is twice as high as those who are uncircumcised. Smegma, which is a cheesy like secretion, can also accumulate under the foreskin combining with bacteria to produce an offensive odor.
2. **Reduced risk of urinary tract and bladder infections** – Because microorganisms can accumulate under and adhere to the foreskin, bacteria has a greater chance of migrating up the urethra causing urinary tract infections (UTIs) especially in infancy. Studies suggest an over 10-fold decrease in risk of urinary tract infection in circumcised infants. UTIs are a potentially painful and dangerous condition as it can result in kidney inflammation and scarring. Studies suggest that the protective effect of circumcision against UTIs when done as a newborn continues into adulthood.
3. **Eliminates risk of phimosis** – Phimosis is a condition where the foreskin becomes so tight that it cannot be pulled back fully, resulting in UTIs, local skin infection, pain when passing urine, retention of urine, kidney stones, and sexual dysfunction. Circumcision eliminates the risk of phimosis, which affects 1 in 20 older boys and men.
4. **Reduced risk of penile cancer** – Studies have shown an over 20-fold reduction in the risk of invasive penile cancer which is thought to arise from adherence of high-risk human papillomavirus to the foreskin and smegma causing chronic inflammation and recurrent infections resulting in phimosis. Invasive penile carcinoma is highly associated with a history of phimosis.
5. **Reduced risk of prostate cancer** – Some studies show that uncircumcised men may have a higher incident of prostate cancer.
6. **Reduced risk of sexually transmitted diseases** – This is because viruses enter through the inner lining of the foreskin which is thin and vulnerable. Ulceration and tearing of the foreskin are not uncommon in uncircumcised men, adding to the risk of virus entry. The following diseases are all reduced by circumcision:

- Human immunodeficiency virus (HIV) is reduced by 53% to 60%.
 - Herpes simplex virus type 2 (HSV-2) is reduced by 28% to 34%.
 - Human papillomavirus (HPV) is reduced by 32% to 35%.
 - Among female partners of circumcised men, bacterial vaginosis is reduced by 40% and *Trichomonas vaginalis* infection is reduced by 48%.
7. **Reduced cervical cancer in women** – Circumcision reduces the risk of cervical cancer of a man's female partner by 5.6 times as there is less risk of adherence and colonization of human papillomavirus in circumcised men, which is a recognized cause of cervical cancer in women and venereal warts in both sexes.

What Are The Risks Of Circumcision?

1. **Bleeding** – In 1 in 500 circumcision there may be some bleeding that is usually stopped with pressure or less commonly with stitches. If there is a bleeding disorder such as hemophilia, then our doctors will need advice from a pediatric hematologist prior to proceeding.
2. **Infection** – There is always a possibility that there could be a generalized infection requiring antibiotics after the surgery (1/4000). Serious infections are rare (1/5000).
3. **Concealed penis** – When there is a generous amount of fat around the penis (pubic fat), the penis may retract inward becoming buried, leading to a trapped penis that would require medical intervention to release it (1/800).
4. **Meatal stenosis** – This is a narrowing of the urethra that may occur after the procedure requiring medical intervention (1/1000).
5. **Trauma** resulting in permanent damage to the head of the penis (never in our practice)
6. **Suboptimal cosmetic result** (1/500)
7. **More serious complications** including death (never in our practice).

Our Approach

All the following steps are taken to ensure your son has minimal discomfort during the procedure.

Baby Tylenol Just Before You Come To The Clinic

We will ask that you give your infant son 1 ml of Tempa or Tylenol (also called acetaminophen) an hour before your appointment. Please do not give any other medication besides Tylenol or Tempa (i.e. No Ibuprofen, Advil etc.) because it may affect bleeding time.

Topical Anesthetic Cream to Numb the Skin

In our office, your child will have topical anesthetic applied to his penis. This is an anesthetic cream that numbs the skin. This surface painkiller is the second step we take to minimize discomfort during circumcision.

Pain Blocking Injection – Local Anesthetic

Next, once the skin is numb, your son will be given an anaesthetic injection called a dorsal into the soft tissue alongside the penis. Our doctor uses a combination block of both short and long acting anaesthetic. This provides comfort and coverage for both the procedure and for hours after. Since the topical anaesthetic has already numbed the skin, the injection is hardly felt. After 6-10 minutes, the penis is numb, and the circumcision can be done.

Sugar Pacifier During the Brief Circumcision Operation

During the injections and the circumcision, your son will receive a sugar pacifier to suck on. Ten minutes after the injection, the penis is fully desensitized, and the circumcision can be done. During the circumcision soothing music is played, room temperature is increased, and your son may continue to receive sugar pacifiers to suck on for additional comfort. Studies show that the sweet flavours distract babies and reduce their perception of pain.

Caring Team Always Available

Although the circumcision takes less than one minute, you will be in the clinic for at least 90 minutes in total, so that we can carefully review with you all post procedure care and answer your questions before you take your child home

As parents we understand that safety concerns are always number one. For your peace of mind, your doctor will be reachable 24 hours a day. All clients are given our 24-hour contact information, so they can reach the doctor directly should any concerns arise.

Patient Instructions

Before Circumcision

Before you arrive

- On the day of your son's circumcision it is best to feed your baby just before you leave your home to ensure comfort in our office.
- Please give your son 1 mL of Temptra or Infant Tylenol an hour before his appointment. Do not give Motrin, Aleve, Advil, Ibuprofen etc. (any anti-inflammatories or NSAIDs).
- Please arrive 15 minutes before your appointment time. Late arrivals may be scheduled for another day.
- Please also remember to bring 2 receiving blankets.
- Plan to be in our office for at least 90 minutes.
- If your baby is hungry when you arrive, you can feed him for 15 minutes as soon as you arrive.

At the clinic

- We first apply a topical anesthetic ointment to your son's penis to numb the skin.
- Next your son will receive a dorsal penile ring block, an injection through a tiny needle, into the area that has already been numbed by the topical cream. After 6-10 minutes, the penis will be frozen.
- Your son will receive a sugar pacifier to suck on while the circumcision is completed, usually in 1 minute or less.

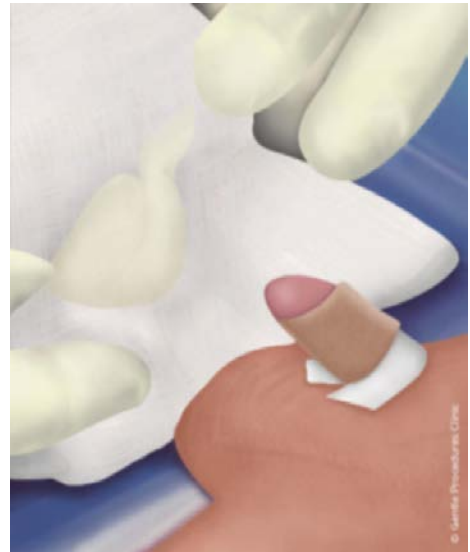
After Circumcision

First 24 hours following the circumcision:

- Keep your son snugly swaddled (especially his legs). The more he kicks his legs, the less comfortable he may be. After 24 hours, you no longer need to swaddle him unless he finds comfort in doing so.
- There will be a **white** gauze with Vaseline placed over the head of your son's penis. Leave the gauze in place and **remove it after 24 hours**. If it has fallen off before that, not to worry just replace it with a fresh 3 x 3 gauze with some Vaseline on it and put it over the penis then close the diaper.
- There will also be a **long white** (and a brown bandage) wrapped around your son's penis. Leave this gauze in place then remove it after **24 hours as well**. If it falls off earlier, don't worry just leave this one off. If it is dry or stuck when you are trying to remove it after 24 hours, you may need to pull slightly harder and there may be a little bleeding when you do this. This is normal and you may need to apply some direct pressure on the head of the penis as we taught you in the clinic. You may use some warm water to wet the dressing to help remove it. If there is some bleeding, maintain firm pressure for 5 minutes.
- Please check your son's diaper every hour for the next 24 hours to look for any abnormal bleeding. If he is sleeping just look at the front of the diaper; if no blood has seeped through, his penis is likely not actively bleeding. It is normal to see blood stains the size of a loonie with each diaper change. It is NOT normal to see blood dripping from the penis.
- If the white gauze is soiled with stool or urine don't worry just leave it alone.

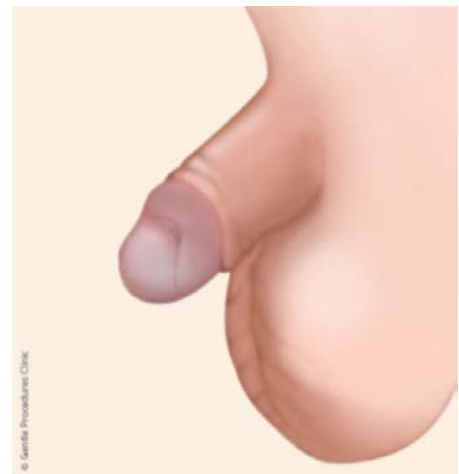
- No **gauze or bandages** are required after the first 24 hours, just generous amounts of Vaseline to be applied every diaper change to the penis or front part of the diaper.
- It is normal for your son to be a little irritable or very sleepy for the first 24 hours following the circumcision.
- Maintain two diapers for extra padding for the next 4 days.
- If mom is breastfeeding and taking any aspirin (ASA) or anticoagulants (warfarin) please stop 7 days before and 7 days after the procedure. **Please confirm with your family doctor or specialist before stopping any medications.**
- If mom is breastfeeding and taking anti-inflammatories (NSAIDS) such as ibuprofen, Advil, Motrin, Aleve, etc. please stop 3 days before and 3 days after the procedure.

Here you see the square white gauze with Vaseline that you will replace for the first 24 hours if it falls off. You also see the long white gauze with brown bandage around it that will be removed in 24 hours or if it falls off earlier you may leave it off.



General Care Following The Circumcision

- Healing is promoted by keeping the area clean and dry. Use disposable diapers for the first week; they are less irritating and help keep the area drier and cleaner.
- Do not bathe your son for the first 4 days. You may sponge bathe the rest of your son's body in the meantime. You may also gently clean the area around the penis with warm water and a soft washcloth. Do NOT use baby wipes, towelettes, alcohol, powders or lotion as these may cause irritation.
- Often skin glue will be applied to reduce the incidence of bleeding. When the bandage is removed this often appears like "extra skin" or "dried Vaseline" or a "hardened piece of gauze". **Please do not try to peel the glue off as it will dissolve on its own once you start bathing your son again.**
- Avoid unnecessary car travel as car seats can be irritating to a newly circumcised penis. If you are using a car seat, a folded diaper placed between your baby and the car seat straps will help prevent pressure on the penis.
- For the first 2 weeks after circumcision, put a generous amount of Vaseline on your finger and rub it over the incision site or front part of the diaper facing his penis, placing a thick layer of ointment over the entire head of the penis at every diaper change.
- After 4 days it is important you send follow up pictures to the doctor who did the procedure so we can check the healing process and make any necessary intervention.
- Most babies like to feed in a quiet environment following the circumcision. If your baby cries for more than a few minutes, it could be from air swallowed during the circumcision, and he will need to be burped.
- If fever is noticed, you may give him 1 ml of Temptra or Infant Tylenol.



Here you see a part of the skin attaching to the head of the penis. This is an example of "bridging" that requires a simple adjustment by our doctors.

The Healing Process After Circumcision

- Healing is usually rapid and occurs in several stages. Remember that a circumcision is like any other cut. There are many factors that influence healing; but most importantly, every child heals differently.
- First, the cut edge seals and bleeding ceases within minutes, hours, or even over the course of an entire day. The area just under the head (especially the underside) will become swollen. Sometimes parents mistake this for a blister. In fact, this is normal and will subside within a week or two.
- In the first two days, there may be an **off-white or yellowish**, patchy appearance or discoloration of the head. These patches are normal healing. After a few days the area where the skin was cut may look green and yellow. This is NOT pus or infection. It is part of the normal healing process and it can take this colour for up to two weeks after the circumcision. Some doctors are not familiar with this healing process and may mistake this for infection. Please follow up with our clinic if you are concerned.
- You will also notice that the head appears red and glossy sometimes purple or blue. This is because the skin covering the glans of an uncircumcised penis is mucous membrane (like the skin inside your cheek). Once exposed, the mucous membrane will toughen, and in time, take on a normal appearance. It takes about a month for the penis to take on a normal, healed appearance.



You will notice yellow patches on the head of the penis as it heals. This is not infection and is in fact a normal part of healing.

The Appearance Of The Penis After Healing

A common concern for parents is aesthetics. Remember that penises come in all shapes and sizes. While most penises “look normal” within days of the circumcision, some do not take on a “completely normal appearance” until after the penis starts to grow after many years. For example, there may be more mucosal tissue on one side compared to the other; this is a normal anatomical variation after circumcision that will resolve with time after your son grows older.

Furthermore, although the penis may appear smaller after circumcision, it is not. This appearance is mostly due to the foreskin giving the appearance of a larger penis prior to circumcision. In nearly all these cases, the penis will heal properly, and in time, take on a normal appearance. If you are concerned in any way about the appearance of your son’s penis, please call to consult us.

Sometimes parents come to us worried about a band on the bottom of the penis fearing that it needs to be cut. This band is called the frenulum which carries the frenular artery and is normal.

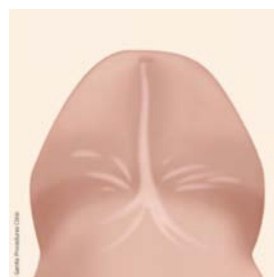
It is similar to the band under the tongue (the part that is cut in some babies with tongue-tie). It is rare that an infant frenulum would present any issues requiring our intervention.

Lastly, some babies have what is called a buried penis. This is often congenital, or it can occur when there is a significant amount of pubic fat around the penis pushing the shaft skin upwards covering the head of the penis. This is not because there is redundant or excess foreskin. In most cases, a buried penis will resolve by itself as the baby or child gets older.

As always, please ask us your questions, but do not be unduly concerned. If in doubt, have us check your son’s penis to ensure proper healing, and it will almost certainly be fine.



You may notice a band on the bottom of the penis after circumcision. This is normal and no reason for concern.



You will notice a swollen ring at the base of the penis head. Sometimes it is more prominent on one side than the other. This is normal and no cause for concern.

Common Questions

What Can I Expect My Son To Be Like After The Circumcision?

It is not unusual for your son to sleep 6-8 hours after the procedure and to miss a feeding or meal. Some patients will be irritable for a number of minutes to hours afterwards. Behaviorally, most babies and children are back to themselves by the next day or two.

How Long Does It Take For The Circumcision To Heal Completely?

In general, complete healing occurs in about four weeks but most newborns or children show signs of healing by 1 week.

Does It Hurt When My Son Urinates After a Circumcision?

It may sting a little on the first day, but after a day it should not be painful.

The Gauze Is Very Sticky And Hard To Pull Off.

It is normal to use some force to pull off the gauze bandage. To make this easier, you can soak the gauze with warm water and Vaseline before pulling it off. In the end, you just may have to pull a little more firmly to get it off. Remember the direct pressure technique if you notice any bleeding. You can also wait until day 4 when you bathe him. The dressing comes off easily then. You can also come to the clinic for assistance if you are having difficulty.

When You Take Off The Gauze, There Is Some Bleeding.

A small amount of bleeding is normal. Take some gauze with Vaseline on it and squeeze the bleeding area of the penis with your fingers for 3-5 minutes.

The Entire Yellow Gauze Around The Penis Falls Off Before 24 Hours.

This is not important. You may leave it off. Reapply a white gauze pad with Vaseline and place it over the penis until the 24 hours is up. Then, just use Vaseline as instructed at the incision site on every diaper change.

There Is Stool On The Gauze Around The Penis Or On The Penis After The Gauze Is Removed.

Not to worry just try to clean the area as best you can using warm water and a cloth. Then place the white gauze with Vaseline on until the 24 hour mark is achieved.

There Is a Piece Of Skin Still Attached To The Head Of The Penis, Or You Can't See The Entire Head Of The Penis.

If you are concerned about skin bridging, come back to have the baby examined. Usually it is very easy for us to make an adjustment.

When Can My Son Bathe Again?

For newborns, our physicians will let you know when at your follow up when you can start immersing your son in water. Generally, it is after 4 days.

How Long Do I Apply The Vaseline To The Penis For?

Apply a generous amount of Vaseline over the incision and the entire penis head with each diaper change. This is done for 2 weeks.

Why Is My Baby's Penis Retracting Into His Body Looking "Concealed"?

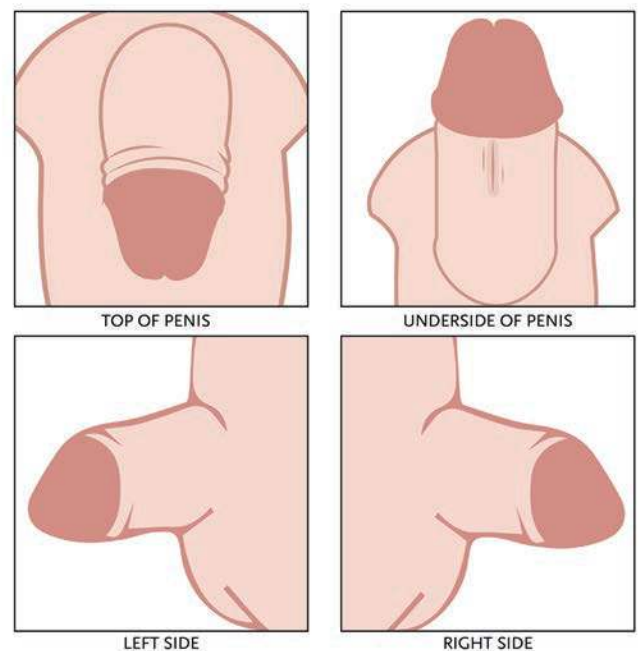
When there is a good amount of pubic fat or when the penile shaft is no greater than its diameter, the penis may tend to retract inward. This is normal. If your son fits this profile you can reduce the chance of a concealed penis by applying Vaseline to the entire glans once a day until the glans takes on a healed appearance (up to 6 months). To expose the glans that has retracted inwards, place gentle downward pressure on either side of the penis and consult one of our doctors if the head cannot be fully exposed. This may take months up to a few years before the penis stays persistently outward.

Follow-Up Photos

For your baby's follow-up post circumcision we ask that you send pictures to the physician that did your procedure.

You will need to take 4 pictures - the top, bottom, left side and right side of the penis. We ask that the pictures are clear and close up on the baby's penis - so that it takes up 80% of the picture. Be sure you get the complete head of the penis.

These pictures will need to be sent 4 days after the procedure. The day you got the procedure done counts as day 1.



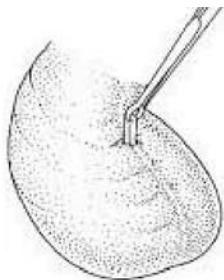
Learn More About No-Scalpel No-Needle Vasectomy

What Is a Vasectomy?

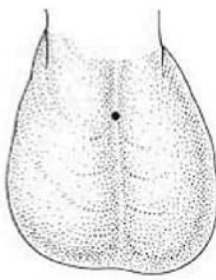
The testicles produce sperm that travel through a tube called the vas deferens. The vas deferens or “vas” continues to travel through the prostate before joining with the vas on the other side to become the urethra, which exits through the penis. The goal in a vasectomy is to block the right and left vas. After vasectomy, you will ejaculate semen without sperm. A man cannot make his partner pregnant without sperm!

What Is a No-Scalpel No-Needle Vasectomy?

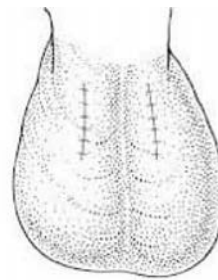
No-scalpel no-needle vasectomy is different from a conventional vasectomy in the way the doctor gets to the tubes, not in the way he blocks them. With the no-needle method the doctor makes one tiny puncture with a special instrument. The same instrument is used to gently stretch the opening so the tubes can be reached. Through this tiny opening both tubes are temporarily lifted out and then blocked, using heat cauterization.



No-Scalpel Vasectomy : Pulling out one of the two vas tubes



No-Scalpel Vasectomy : No stitches are needed to close the tiny opening



Conventional Vasectomy: Two moderate incisions stitched closed

When Is The Right Time For Vasectomy?

It is best to get a vasectomy when you and your partner are sure that you are happy with the number of children you have. If you have a child under six months of age, you might want to wait because of “Sudden Infant Death Syndrome (SIDS)”, a condition where a child can die after a few months of life for no apparent reason. This might possibly affect the timing of your plans for vasectomy.

Learn More About Penile Frenulectomy

Tight Frenulum - A Cause of Penile Pain and Bleeding During Sex

The frenulum of the penis is a band of tissue located underneath the penis. When the frenulum is tight or short, this can result in tension on the frenulum during erections, which can rip and tear during vigorous activities such as sex, causing pain and bleeding which in turn causes many men to lose their erections.

A Tight Frenulum May Cause Premature Ejaculation

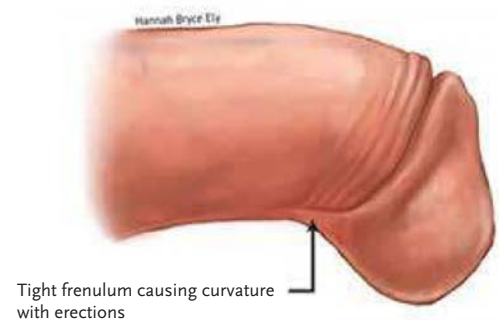
Premature ejaculation is uncontrolled ejaculation either before or shortly after sexual penetration. It may result in unsatisfactory sex for both partners. It is one of the most common forms of male sexual dysfunction.

Some studies report that a short frenulum is found in up to 43% of individuals affected by premature ejaculation. It is thought that the frenulum plays an important role in penile erection and when frenulum tension exceeds a certain limit, orgasm and ejaculation may be accelerated. When the frenulum is lengthened, penile tension and sensitivity may be decreased. Penile frenulectomy has been shown to be effective in some but not in all cases of premature ejaculation.

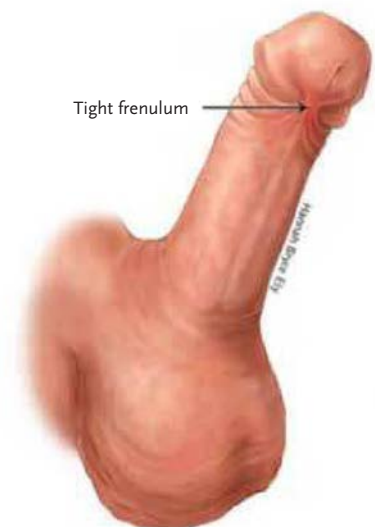
What is the Treatment for a Short Frenulum?

A frenulectomy is a technique that treats this condition by removing the tight restriction, allowing increased penile skin range of motion.

Regardless of your anatomy, our goal is to provide the optimal aesthetic and functional result. With Dr. Pollock's technique, there is minimal down time and complete healing usually occurs within 6 weeks. Procedures are performed under long lasting local anaesthetic.



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Learn More About ED Treatment

Erectile dysfunction (ED) is a relatively common medical condition that affects about half of Canadian men between the ages of 40 and 70. Though all men may experience an occasional lapse of sexual function, ED is the persistent inability to achieve an erection, despite being sexually aroused. Erectile dysfunction is a potentially treatable medical condition that is not related to masculinity or sexual prowess.

At Pollock Clinics, we are dedicated to providing our patients with the latest solutions to erectile dysfunction.

Latest and Effective Treatment Options for Erectile Dysfunction

At Pollock Clinics we offer both physiological and psychological treatments for erectile dysfunction. Our options include :

Erectile Dysfunction Shockwave Therapy (EDSWT)

EDSWT uses low-intensity acoustic sound waves and is a non-invasive treatment that requires no drugs and offers long-term benefits. Shockwave therapy treats the underlying vascular cause of erectile dysfunction by improving the quantity and quality of blood vessels and blood flow to the penis, addressing the actual problem that is causing ED and not just the symptoms.

PRP Therapy – Platelet Rich Plasma Injections

Platelet Rich Plasma Injections, also known as PRP Shots, work by enhancing blood vessel regeneration and increasing the amount of blood flow to the penis. The treatment uses the patient's own blood, and platelet rich plasma is separated and injected into the penis.

Sex Therapy

Sexual issues are multi-dimensional, arising out of biological, psychological, behavioral and social factors. Counselling can enhance the efficacy of medical interventions.

Sex therapy is often helpful in the treatment of erectile dysfunction, even when physical factors are the principal cause. Sexual difficulties, no matter what the cause, can strain your relationship. Sex therapy, with our experienced, certified sex therapist, can help a couple overcome these feelings and re-establish intimacy.



Learn More About Testosterone Deficiency

What Is Testosterone Deficiency?

Testosterone is the essential hormone in men for sexual desire and sexual function, but it also has important quality of life effects on energy, muscle, bone, cardiovascular health and brain function. When the body no longer produces sufficient amounts of testosterone, testosterone deficiency is the result.

Testosterone replacement therapy (TRT) is usually required to help men improve sexual function, support overall health and energy levels, as well as mood and overall mental function.

Symptoms of Testosterone Deficiency Include:

Sexual Signs and Symptoms

- Reduced sex drive
- Reduced erectile function

Physical Signs and Symptoms

- Reduced energy
- Reduced endurance
- Diminished work performance
- Diminished physical performance
- Loss of body hair
- Reduced beard growth
- Fatigue
- Reduced lean muscle mass
- Obesity
- Change in sleep pattern

Cognitive Signs and Symptoms

- Depressive symptoms
- Cognitive dysfunction
- Reduced motivation
- Poor concentration
- Poor memory
- Irritability

Testosterone Replacement Therapy

The ideal outcome from TRT is to improve sexual function, libido, and energy level. Some men experience a strong change. Others get limited benefits. Many men report improvement in energy level, sex drive, and quality of erections.

Testosterone also increases bone density, muscle mass, and insulin sensitivity in some men. Men also often report an improvement in mood from testosterone replacement. They may be able to focus better and see improvements in memory and cognitive skills.

At Pollock Clinics we present a series of treatment options for your consideration, including topical testosterone gel, intranasal spray, and intramuscular injection. The delivery method will be selected together by the physician and patient to best meet the needs of the patient.



Learn More About Circumcision for Adult Men

There are a number of reasons why men may choose an adult circumcision procedure. Some require circumcision as a cure for conditions like phimosis (an overly tight foreskin) while others choose circumcision for cosmetic and personal reasons.

We are also often asked; “Am I too old to get circumcised?” and the answer is almost invariably “no”. Men and youth of all ages can have the surgery in our clinic. The most common age range for adult circumcision is 20 – 40 years old, but the procedure is regularly performed on a larger age range as requested for medical and personal reasons. The medical team at Pollock Clinics is experienced and offer expertise at circumcising men of all ages.

The Adult Circumcision Process - Two Methods

Our team and our internal procedures are optimized to deliver the quality care to men requiring circumcision.

We perform two methods of circumcision at Pollock Clinics – Mogen clamp circumcision using the Pollock Technique™ and Shang Ring circumcision. With either method, you will receive detailed written instructions for post-surgery care as well as consult one-on-one with the doctor. Healing times are relatively the same. We will decide with you which procedure might suit you best.

Our team is available after surgery as required to answer your questions and to react quickly should there ever be any problems.

Pollock Technique™ Circumcision

This method uses combination of our local anesthetic, quick surgical technique with the Mogen clamp and use of skin glue. With the introduction of our skin glue closure method, we have been able to obtain an improved cosmetic outcome without the typical multiple suture track marks in the mucosa and skin. In addition, glue closure is 10 times as quick compared to traditional circumcision.

Shang Ring Circumcision

This method was developed in China through the backing of the Bill and Melinda Gates Foundation with the hopes that it will reduce HIV/AIDS. Shang Ring circumcision involves minimal pain, minimal bleeding, no stitching, and minimal time away from work. Our doctors have travelled to China to train in this technique and are the first Canadian doctors to offer this in North America. The Shang Ring stays on the penis for 7 days before it is removed.



Learn More About Vasectomy Reversal

What is a Vasectomy Reversal?

A vasectomy is when the tubes that transport sperm from the testicles are cut and blocked. During a vasectomy reversal, these tubes are reconnected. This is performed using a high-powered microscope to allow the microsurgeon to precisely sew the two ends back together while keeping the hollow part of the tube open.

About the Procedure

For a typical vasectomy reversal where the two ends of the tubes are to be reconnected, our doctor uses the multi-layer microdot technique. This technique has a high reported success rate in the medical literature. This technique can be used in the majority of men undergoing vasectomy reversal. Success rates are over 90% for this technique.

If our doctor determines that a secondary blockage is present in the epididymal tubes, we will perform an intricate procedure connecting the vas deferens tube to one of the smaller epididymal tubes.

Our doctor uses the LIVE technique in the case of a secondary blockage, which for this situation has a relatively high success rate in the medical literature. This technique is successful in up to 50% of cases where a conventional reversal would fail.

How Long After the Procedure Can We Begin Trying to Get Pregnant?

Men may begin to have intercourse and ejaculate starting 4 weeks after the procedure. Sperm has been shown to appear in the ejaculate typically within 1-3 months of regular vasectomy reversals, and 4 months if the more intricate LIVE technique is required.

Learn More About Circumcision Revision

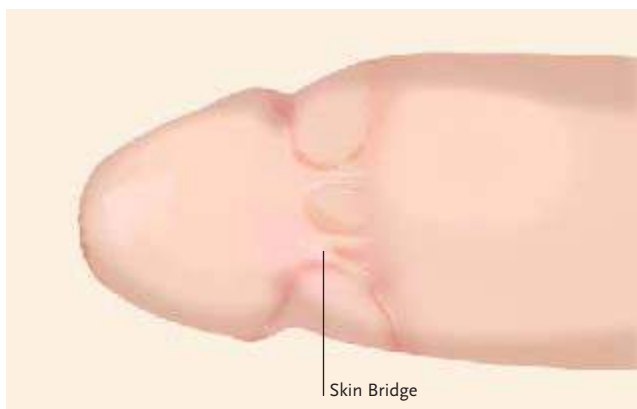
What Is Circumcision Revision?

Circumcision revision is an uncommon but sometimes necessary procedure. It refers to a second surgical procedure performed due to unsatisfactory results with the original circumcision. Our doctors often get requests to provide a second opinion for a patient who had a circumcision as an infant child or adult and who is in unhappy with his cosmetic result.

Why Is a Circumcision Revision Needed?

A circumcision revision might be necessary for several reasons. The most common reason is when a “penile skin bridge” develops. This is when the shaft of the penis becomes attached to the penis head through a band or bands of tissue (see figure below). A patient may determine that his skin bridge is a problem for cosmetic reasons or because the band of tissue that developed causes irritation or discomfort when it pulls on the head of the penis – especially during sexual activity.

These patients are happy to find out that skin bridges, as well as other sub optimal cosmetic results including excess foreskin present after circumcision, can often be fixed. Physicians do not recommend waiting if a circumcision revision is needed. The problem will not resolve itself and may become worse.



B.C. doctor delivers unusual foreign aid to Haiti, teaching surgeons to perform safer circumcisions

In Neil Pollock's home province of British Columbia, a group called Foreskin Pride has actually held protests against circumcision, the procedure that has formed the heart of Dr. Pollock's medical career for 20 years. In the crumbling Caribbean nation of Haiti, the operation made him something of a hero.

Dr. Pollock spent a week in the country recently, delivering an unusual bit of foreign aid. In a place beset by violence, poverty and the aftermath of 2010's devastating earthquake, he trained surgeons to perform the almost-painless form of circumcision he has perfected.

It is hoped the operation will become a mainstay in the battle against the country's HIV epidemic, with evidence suggesting the penis-snipping can cut spread of the disease by 60%.

Meanwhile, Dr. Pollock earned a surprise visit in Port au Prince from Hollywood philanthropists Sean Penn and Charlize Theron, also now a couple, who watched as he taught his technique. Now he is in talks with Ms. Theron to deliver similar training in Kwa-Zulu-Natal province of her native South Africa, a place harder hit by HIV than almost anywhere in the world. "I felt having this knowledge and this technique, I have an obligation to share it with other doctors in other countries, where it could have such a meaningful impact," said Dr. Pollock.

Dr. Pollock dedicates his practice to circumcision and "no-scalpel, no-needle" vasectomies at his Vancouver clinic. Using special techniques to administer the local anesthetic and other modifications, he says he can now carry out a circumcision in about 30 seconds, almost painlessly.

"There wasn't a day that went by ... when I didn't think, 'How can I improve this, make it safer, minimize discomfort,'" he said. "When you focus all your energies on one or two surgeries, you have a lot of mind space to continue to innovate."

After research emerged that circumcision can significantly curb the spread of HIV — the mucosal surface of the foreskin can hasten uptake of the virus — he spent several days in Rwanda in 2009, training doctors there.

More recently, Jeff Klausner, a medical professor at the University of California at Los Angeles, discussed with contacts in Haiti the idea of bringing back the largely overlooked procedure there. Though HIV rates have fallen dramatically, the disease still afflicts about one in 50 Haitians, many of whom do not even know they are infected, said Dr. Klausner, a former CDC official in Africa.

He asked around for someone to teach the Haitian doctors. Everyone told him Dr. Pollock "had a reputation for being the best in the field and a great trainer."

Circumcision of small babies in Haiti makes particular sense, given the average age of first sexual intercourse for boys is about 13 and 2.5% of teenage sex partners contract the virus, said Jerry Bonhomme, one of the Haitian physicians Dr. Pollock trained.

"Within 12 years, most newborn males born today will be protected with circumcision, which has an impact similar to that of a vaccine," he said.

Dr. Pollock and his trainees managed to circumcise more than 100 babies. Now, Dr. Bonhomme will not only be able to apply the skills himself, but eventually teach others.

Excerpt from an article by TOM BLACKWELL
Sunday, March 15, 2015



Dr. Pollock lecturing surgeons in Haiti.



Charlize Theron and Sean Penn came to the teaching hospital in Haiti showing their support for Dr. Pollock's work.



A happy family after successful infant circumcision.



No-Scalpel No-Needle Vasectomy
Circumcision For All Ages
Penile Frenulectomy
Erectile Dysfunction
Peyronie's Disease
Premature Ejaculation
Testosterone Assessment
Penile Enlargement

*Thank you for your interest
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Infant Circumcision.*

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