My Journey to Circumcision

STARRING
Msandi Kababa
Praise Singer, Poet, Musician
It Began With A Dream...
Later that day Msandi & Sambulo grab a coffee.

This Must mean Something More.
Your coffee is ready sir...

Excuse me, your coffee is ready!
What's the matter Msandi? You look distracted?

I can't stop thinking about a dream I had last night. In the dream I was trying to defend my family from a monster but I had no weapons.

When we were kids Your Father always Told us that a man must arm himself with knowledge before he can go into battle.
Msandi & Sambulo find themselves walking past a Soka Uncobe billboard...

That's the key! I'm not carrying all the weapons to live a safer life.

Call the helpline number on that billboard.
So if I get circumsised I’m safer from HIV? Safer from STI’s? And more hygienic?

The benefits of circumcision are ancient wisdom in many African cultures. I need this protection now more than ever. I must be a man and protect my family.
My friends did not all agree with my decision to circumcise. They say things like...

Think of the pain!

You will never enjoy sex again!

I heard you can’t get into heaven.

Interesting none of these ‘experts’ are circumcised.
Let's go ask those who are for the truth.

You are a man. The pain is nothing but the gain is for a lifetime.

My wife is happier than before if you know what I mean.
It’s your soul that goes to heaven, not your body! God wants us to protect ourselves.

I need to fight with all the weapons—tomorrow is my day to circumcise!
The next day Msandi fulfils his promise and goes to the nearest Soka clinic.
Wow! we are honoured to have you in our clinic Msandi! First we’ll register your details — then you’ll see the counselor.

Welcome Msandi. Today I’m going to explain everything about circumcision and answer your questions. Shall we start with the HIV test? Knowing your status is an important part of any medical procedure.

Umm... sure. Let’s do it.

But what if I’m positive?
If you are positive we will give you a health check to see if you can still go ahead or need ARV medication for HIV first.

Follow me
The moment is coming closer. Msandi is preparing to become the man that can protect his family.

A nurse gives Msandi an HIV test and checks his blood pressure and groin area for STIs.

Please come through to the operating table.
I will prep the area and give you an anesthetic injection. Is that ok?

Ok, let’s do it!

Phew! I am nervous! But this is all part of being a responsible Swazi man!

Whoa... that was only sore for a few seconds, like an insect bite!
Msandi, I am your doctor, welcome to the clinic!

Hello Doctor.

The Doctor tests Msandi's for pain sensitivity...

Let's see if you are ready... can you feel this?

No.

Or this...

No. I can't feel it! The anesthetic is working eh?
The Doctor starts the circumcision...

It's true I feel just the touch, but absolutely no pain...

This is great!
A few small steps is all it takes...

1. After anesthetic injections, the foreskin incision is carefully marked by the surgeon.

2. The foreskin is retracted and prepared for removal.

3. The doctor separates the foreskin using a specialized surgical scalpel. The discarded foreskin is then incinerated as medical waste.

4. Sutures (stitches) seal the incision. The penis is carefully bandaged in an upright position for optimum healing.

I'm removing the foreskin - the flap of skin that covers the penis head, with my scalpel.
No. I feel like a hero doing battle with my proud family behind me!

Your foreskin is now removed. Any pain?

Now we will put in stitches and a special dressing. How do you feel?

Good, that was quick. Thank you! What happens to my foreskin now?

Look here, it goes into the special bio-medical waste bag to be burned to ash in the incenerator.
Here is a snack. Please rest for 15 minutes. Then we’ll check your blood pressure again and off you go.
Here are your pain tablets for the next few days... Here is your appointment card. Come back in 2 days to change the dressing.

Carefully follow instructions and do not get the dressing wet until you return. After 5 more days we will take the bandage off.
You look very happy and proud!

I am, I am! I did this for myself, my family and my country I feel like a warrior.

The dream has come true. Msandi has one more weapon against HIV.
Remember to call the 977 helpline if you have any problems or questions.

Msandi Leaves the clinic and drives home comfortably...
Msandi my brother!

You look good, but how do you feel? Should we go too?

Hi Sambulo

I feel like a great conqueror. You should go too, it makes you more of a man I can tell you! A small amount of pain for a lifetime of gain.
But I heard that...

Don't believe idle talk...believe me! It was nothing a small moment of discomfort and it is already fine. My wife is so happy and I feel like I can stand tall amongst my countrymen.
The monster is conquered. Msandi stands proudly on top of the lifeless belly of his opponent.

Feel like a conqueror, it’s true! Soka Uncobe!
The steps in the process:

- Registration
- MC counselling/HIV testing
- Clinical exam
- Surgical procedure
- Recovery Room
- Departure from clinic
- Follow-up visits

What happens during the surgical procedure?

- Enter the surgical room & lie down on table
- Surgeon will clean the genital area
  - Local anaesthesia will be given
  - Foreskin will be removed
  - Skin will be stitched in place
  - Penis will be bandaged
- Post-operative instructions given
- Client directed to recovery room
Circumcision Risks

- Pain during recovery period
- Bleeding, infection
- Reaction to anaesthesia during procedure

Circumcision Benefits

- Easier to keep penis clean (maintain hygiene)
- Reduced risk of HIV
- Reduced risk of other STIs (syphilis, genital warts, herpes)
- Reduced risk of penile cancer
- Reduced risk of cervical cancer to female sexual partner
What is Male Circumcision (MC)

- Male Circumcision is the complete surgical removal of the foreskin from the head of the penis.
- In adults, MC is done under a local anaesthesia, which reduces pain significantly during the operation.

Benefits of Male Circumcision

- MC reduces your chances of getting HIV during sex. This means that it does not provide 100% protection.
- MC reduces the risk of sexually transmitted infections such as HIV, syphilis, genital warts and herpes.
  - It lowers the chance of genital cancer
- Women whose sexual partners are circumcised are less likely to get cancer of the cervix.
  - A circumcised penis is easier to keep clean.

How does MC prevent HIV?

- HIV and other infections like to attach themselves to the foreskin.
- During sex, the foreskin is more likely to get small cuts or sores that allow the HIV to enter your body.
  - The removal of the foreskin reduces the chances of cuts and sores.
  - A circumcised penis is easier to keep clean.

Are there any risks?

- The most common risks include, minor bleeding, swelling, reaction to the pain prevention medication and infection. Male Circumcision is safe when performed by trained health professionals.