



Interactive message board

visit www.circumcisions.co.uk and link to our message board enabling you to ask questions, make comments and share information with other parents, patients and Custom House professionals.

How to find us..

Custom House Surgery is situated in the Royal Docks area of London E16, close to London City Airport, ExCel Centre and Custom House Hotel.

We are easily accessible by car from M11, M25, A13 and A406. There is free on-street parking in the vicinity.

Public transport, bus routes 241 and 375 pass the door whilst the 147 stops only 1 minute's walk away at Custom House station; which is also served by the Docklands Light Railway (DLR) and the North London Link line.

The nearest Tube station is Canning Town on the Jubilee Line - change here to DLR. On the District Line: From West Ham station transfer to the North London Link to Custom House; whilst from Plaistow station take bus 241 to Freemason's Road.

Accommodation

Some patients travel quite a distance to avail themselves of Custom House Services and there is independent accommodation nearby for those who wish to stay overnight. Practice Manager Mrs Sylvia Nicholas will be able to provide you with details of local facilities when you make an appointment.



MCL 0311-2

The fees

Fees reflect Dr Zarifa's wish to make this procedure available to those on modest incomes. The figures below include everything; operation, medication and appropriate dressings.

Age 0-2 months	£150
Age 3-11 months	£170
Age 1 year up to 18 years	£260
Adult including consultation	£600
Re-do circumcision including consultation	£800
Frenulum removal including consultation	£350
Consultation only	£150

Please note

All adult procedures require a detailed consultation prior to the operation. This allows about 20 minutes for the options, preferences and consequences to be explained by Dr Zarifa. Patients usually proceed immediately following this and pay the total cost (above). Note, consultations may be booked as a separate session costing only £150, giving a patient time to decide whether or not to proceed.

Those who do so within 6 months of the consultation need to make a new appointment for the procedure, whereupon the fee will be £500 (or £700 for a re-do circumcision fee and £250 frenulum removal fee). Because it is a remedial procedure, a re-do circumcision is usually more tricky and time consuming to perform and therefore more expensive than a normal circumcision.

Teenagers who are approaching adulthood may appreciate the advantage of a detailed consultation and if so the adult fee applies.

Male Circumcision for all ages



Many parents want their sons to be circumcised for personal, social, cultural and religious reasons. Adult men frequently perceive there are hygienic or sexual advantages to circumcision and choose to undergo the procedure for these reasons, often at the request of their wife or partner. The need to be circumcised can also arise when entering into a faith where it is obligatory.

Unfortunately, male circumcision is not available on the National Health Service unless there are pressing medical problems with the foreskin. Even then, the waiting lists can be very long, with consequent difficulty of discretely arranging time off work or school.

Dr Zarifa, a Qualified Community Surgeon who is a Fellow of The Royal College of Surgeons, is very experienced in this procedure. He understands patients' concerns and offers the operation in a modern treatment room which has full air conditioning and sterilising routines for equipment and instruments.

The procedure is carried out on patients of all ages; from babies of a few days through to toddlers, schoolboys, teenagers and adults. Everything is done to put children and their parents at ease. Patients of 2 to 7 years are given a relaxing medication prior to the anaesthetic. This medication can be collected at any mutually agreed time.

Appointments are available for early mornings or evenings.



Each person is given a local anaesthetic by injection. This will ensure that he does not feel any pain. Numbness will wear off after three to four hours. Patients are provided with a direct line contact number in the unlikely event that they need to speak to Dr Zarifa personally about any concerns they may have after the operation.

School Holiday Clinics



Often, parents do not wish their sons to lose time from school. Accordingly, additional Circumcision Clinics are held throughout each school holiday. Appointments can be made in advance for boys of school age.



For an appointment with Dr Zarifa

Contact Manager:
Sylvia Nicholas

E-mail appointments@
circumcisions.co.uk

Custom House Surgery,
16 Freemasons Road,
Custom House,
London E16 3NA

Telephone 020 7474 7684
Fax 020 7511 8980

There are many different ways of doing a circumcision. Dr Zarifa is a fully qualified surgeon who has performed this procedure many hundreds of times. He uses what is known as a 'freehand' technique relying on skill and experience rather than patented devices. Patients are assured of a friendly welcome and an informed, non-judgemental attitude when discussing their personal wishes. Circumcision is one of the oldest and simplest time-proven surgical procedures but there are **points to note**:



Babies

If you want your son to be circumcised it is best to do it as early in his life as possible. An infant circumcision is simpler, usually requires no stitching and heals very quickly with proper care. This will involve the parent pulling back the 'collar' of remaining foreskin to keep the glans (head of the penis) fully exposed and applying the provided cream to prevent the foreskin stump adhering to the rim of it. Such a precaution will normally be part of a changing/bathing routine until the wound has settled down.

Parents are provided with a direct line contact number in the unlikely event that they need to speak to Dr Zarifa about any concerns they may have after the operation.

Circumcising a baby boy also has the advantage that he has no fear in anticipation nor memory of it afterwards. As he grows up with a circumcised penis it will seem natural to him and he will never need to face the procedure or make the adjustment of having it suddenly looking and feeling different as happens with a later operation.

Boys

After making an appointment for your son's circumcision and a short time before he attends, you need to explain to him what will happen, why it is being done and that afterwards his penis will look and feel strange. It is best not to discuss this too far in advance so he has less time to worry about it.

If it is being done for religious or personal/cultural reasons, it often helps for a boy to know that his father or brothers or other family and friends are circumcised. Boys like to 'belong' to a group in this respect.

Where the reason for circumcising is medical, boys usually accept it happily, knowing that this small operation is going to end any pain or problem they might have experienced.

Avoid communicating any personal anxieties but try to be positive and encouraging in what you tell him. Much will depend on your son's age, but keep your explanation simple and, especially if your son is very young, do not use alarming words like 'cut'. It is enough to say something like; 'his skin will be pushed back' or 'fixed' so the tip of his penis is exposed and gets washed every time he has a bath. Do explain why it will be better for him to be like that.

Parents are provided with a sedative to give to their son just prior to the appointment. This relaxes and helps minimise anxieties. Custom House staff and Dr Zarifa are friendly and well used to putting patients at ease.



Whilst not essential, parents are encouraged to sit in with their sons to support and comfort them during the brief operation. A local injection eliminates pain during the procedure which takes only a few minutes. After a suitable interval, checks are made and the patient is free to leave.

They normally walk away with little or no discomfort but should rest up and avoid any active sports or knocks to the area as the penis heals. Dissolving stitches are used where necessary to eliminate the need to return for their removal.

For a while after the healing there is a period of adjustment as your son experiences heightened sensitivity from the newly exposed glans in contact with his clothing. Be prepared to reassure him this is normal and he will get used to it. Consideration of the type of underwear or even padding at first may help. **Teenagers** who are approaching adulthood may appreciate the advantage of a detailed consultation in accordance with the adult price schedule.



Adults

Due to variations in personal anatomy and the way people respond differently to surgical procedures, no two circumcisions are exactly alike. Generally a circumcision is performed to remove most of the foreskin so as to leave the glans fully and permanently exposed.

However, sometimes operators and methods leave more foreskin, usually called a 'loose' result, or conversely they remove it all, which is then referred to as being 'tight'. Patients differ in their preferences and also on the positioning of the scar which will vary in its prominence according to the healing response of the individual. The obligatory consultation allows for such points to be raised.

Re-do circumcision

Custom House Surgery has also been able to assist those who have been circumcised earlier in life and are unhappy with the result. Re-do circumcisions are often performed to remove excess foreskin left from a previous operation. Other options to modify may be limited and can only be explored with the patient at the consultation. Dr Zarifa is accustomed to listening to patients' wishes in this matter and meeting their ambitions where their situation allows. Because it is a remedial procedure, re-do circumcision is usually more tricky and time consuming to perform and therefore more expensive than a normal circumcision.

Frenulum Removal

The frenulum is a narrow web of skin attaching the inside tip of the foreskin to the glans, and visible on retraction in the cleft underneath. For some it can be painfully tight as it pulls down the tip of penis. This is called *frenulum breve*. In others the frenulum is absent because it was either torn or never developed properly. The frenulum is often removed during a normal circumcision. However, some men wish to have a circumcision but retain the frenulum. Very occasionally patients opt to have only the frenulum cut and removed, preferring to retain their foreskin and remain uncircumcised. Do discuss this at Dr Zarifa's consultation.